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Quincy, MA

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The Quincy Sun

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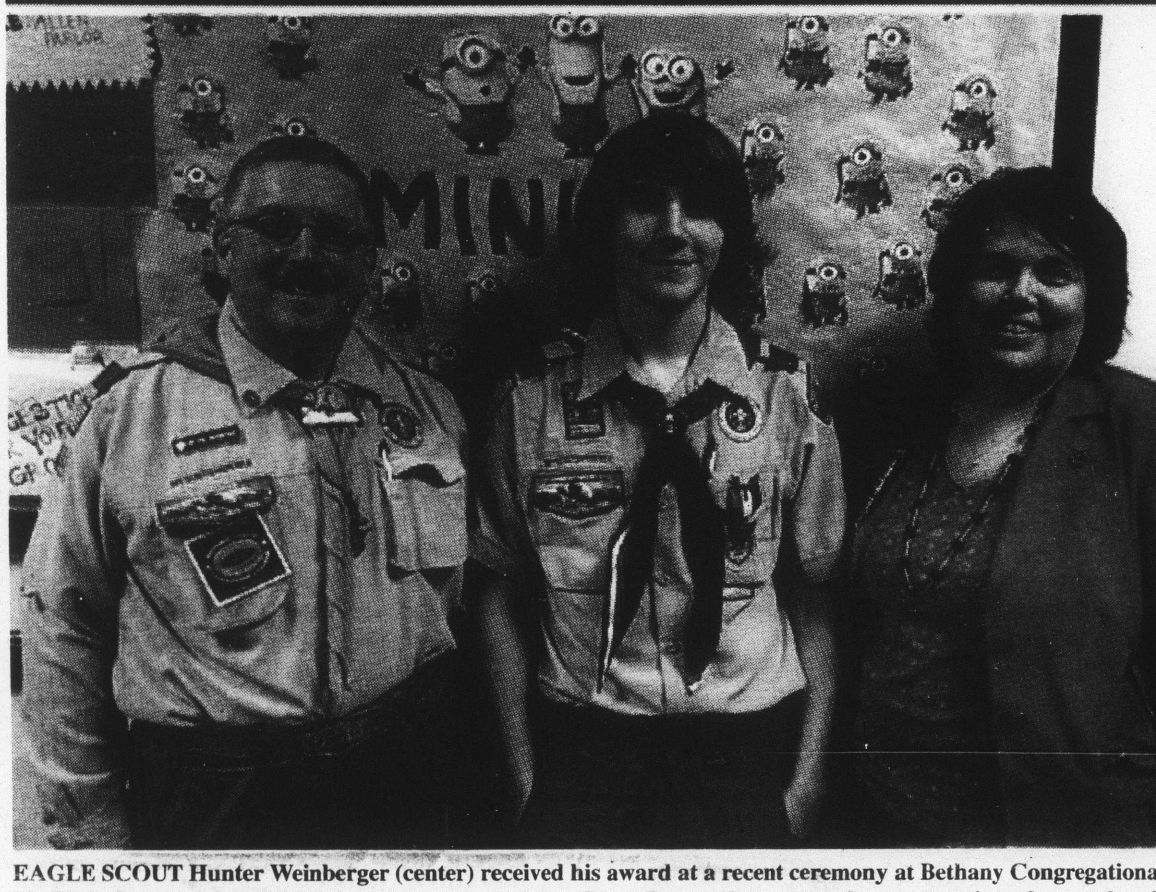

EAGLE SCOUT Hunter Weinberger (center) received his award at a recent ceremony at Bethany Congregational Church. For his Eagle Scout project, Weinberger, a member of Boy Scout Troop 42, oversaw the construction of a new booth to house the church's film equipment after its old equipment was stolen. Pictured with him are his parents, Phil and Janice. Story, other photos on Page 2.

Photo Courtesy Phil Weinberger

Koch To Give 'State Of City' Address Jan. 31

Focus On City Finances, Successes And Challenges

By SCOTT JACKSON

Mayor Thomas Koch plans to focus on the 'nuts and bolts' of governing the city – as opposed to making major announcements or declaring new policy initiatives – when he delivers his State of the City speech later this month.

The State of the City is set to take place on Tuesday, Jan. 31, at 7 p.m. in the Great Hall of the James R. McIntyre Government.

Koch discussed the upcoming State of the City speech during a recent interview that covered a number of other topics including the demolition of the Quincy Center MBTA station garage, which could happen this year; the timeline for the $18 million second phase of the Hancock Adams Green park project; the future of the Hancock Lot; plans to overhaul how Quincy's

Cont'd On Page 11

Board Cancels Licenses Held By Shuttered Venues

By SCOTT JACKSON

A pair of liquor licenses was cancelled because they were held by a now-closed restaurant and bar.

The Board of License Commissioners on Dec. 27 cancelled the all alcohol restaurant licenses previously used by The Holy Ground and Basta Pasta. Health Commissioner Drew Scheele, the board's chairman, cited a provision of state law allowing local licensing authorities to cancel so-called "pocket licenses," alcohol licenses held by businesses that no longer conduct business.

Those cancelations may be appealed to the Massachusetts Alcoholic Beverage Control Commission.

The Holy Ground was formerly located at 1600 Hancock St. It closed eight years ago when the city purchased the building where it was located. The building was demolished to make way for the Hannon Parkway.

Gerard Hanley, owner of the former bar, said he had entered into a purchase and sale agreement in early 2016 with a group hoping to open a restaurant at 350 Washington St. in Quincy Point. That group held a neighborhood meeting on the proposal, but never went before the licensing board for approval of the transfer.

Though the board unanimously approved cancelling the license, members said they had no issue with Hanley, who also owns Paddy Barry's at 1574 Hancock St.

"I know you run a good business and if you were to re-apply for a license and found a location I would have no problem with it," Police Chief Paul Keenan said. "You run a nice place where you are. You've got a good reputation."

"I can speak probably for everybody on the board: You're a great operator," Scheele said. "This has nothing to do with you at all, it's just the law of the licenses with the ABCC."

Hanley told reporters following the meeting he would speak with his attorney before deciding whether or not to appeal the cancelation.

Basta Pasta, formerly located at 150 Hancock St., closed in early 2016. The site will be developed into a 13-unit residential building.

Reno and Oliana Hoxhallari, owners of the closed restaurant, were not at the Dec. 27 meeting. They told the board in November they had hoped to re-open elsewhere in the city, particularly in Wollaston or North Quincy.

In other business Dec. 27, Scheele said two stores with retail alcohol licenses - Sunshine Fruit at 52 Franklin St. and Hancock Market at 5 Cottage Ave. – would be allowed to sell alcohol at 10 a.m. on Sundays instead of noon. The state has allowed a 10 a.m. opening on Sundays since October 2014.

State Urges Drivers 'Don't Crowd The Plow'

The Massachusetts Department of Transportation (MassDOT) unveiled its "Don't Crowd the Plow" campaign last week highlighting the serious need for drivers to exercise caution and give extra space to snow fighting equipment.

Highway Administrator Thomas J. Tinlin was joined by Colonel Richard McKeon of the Massachusetts State Police and Director of Highway Safety for the Executive Office of Safety and Security Jeff Larason at a press conference Dec. 28th where they discussed this important issue and the recent increase in vehicles striking snowplows.

"Our first priority is safety and every year we stress that drivers should slow down, give snow fighting equipment extra space, and devote their full attention to driving," said Transportation Secretary and CEO Stephanie Pollack. "Travelers should recognize that the road conditions behind a plow are far better than the conditions in front of it, and they should avoid speeding up and passing snowplows and creating an unsafe situation for everyone on the

Cont'd On Page 28

MassDOT will display informational messages (example above) as part of its "Don't Crowd the Plow" campaign on 80 of its VMS messaging boards along highways throughout the state. A graphic of this message will also be displayed on over 60 billboards across the Commonwealth.

Graphic Courtesy MassDOT

Gala Raises $300K For Interfaith Social Services - *Page 16*
Health Message: Chronic Fatigue Syndrome - *Page 9*
Over 900 Homes Receive Energy Upgrades - *Page 22*

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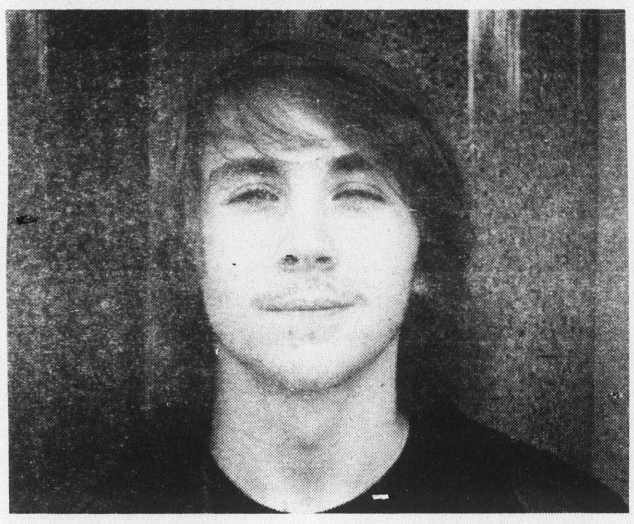


HUNTER WEINBERGER, a member of Boy Scout Troop 42, recently received his Eagle Scout award. A senior at Quincy High, he hopes to study science or engineering in college.
Quincy Sun Photo/Scott Jackson

Hunter Weinberger Earns Eagle Scout

By SCOTT JACKSON

After his church's video equipment was stolen, Hunter Weinberger set out to build a secure booth to house new equipment – a project he completed to earn his Eagle Scout award.

"My church, we film our services so I decided I was going to build a filming booth for us to put all of our equipment inside, and it would be locked," Weinberger said.

"All of our equipment got stolen from our church – I don't know what happened and I don't know why. Our insurance company said they would only buy new equipment for us if we built something that would keep it all secured and inside so it wouldn't be stolen again."

Weinberger, an 18-year-old senior at Quincy High and member of Boy Scout Troop 42, received his Eagle Scout award in November during a ceremony at Bethany Congregational Church, where he had built the video booth. The booth – which is eight-feet tall, eight-feet wide and eight-feet long – is located in the church's balcony. It includes a bullet-proof glass window in the front that allows filming from the inside.

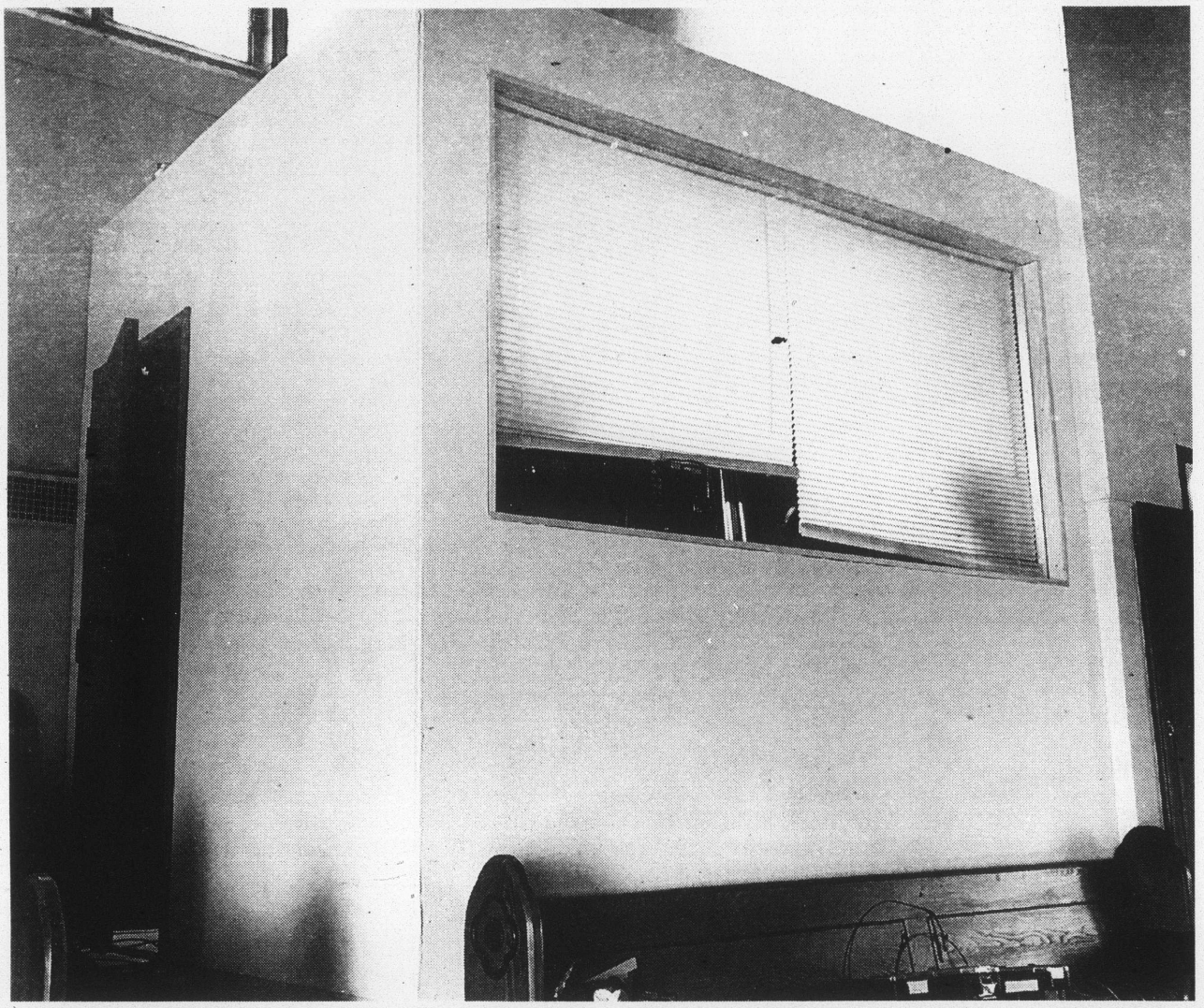
Weinberger and his team of volunteers began building the booth in early November 2015, and completed it in January of this year.

"It was difficult, actually, because there is a lot of stuff crammed on our balcony because we don't use it anymore," Weinberger recalled.

"It was difficult to fit a lot of stuff up there, especially with the pews and chairs. We could only do a little bit at a time with the space we had, and it took a while. Getting supplies up there was difficult, especially on the first day."

On top of that, Weinberger was busy with work as well as other Boy Scout activities, such as earning merit badges.

Weinberger, and the church, was pleased with the finished product, which is now used to film Bethany's service.



VIDEO BOOTH at Bethany Congregational Church constructed by Hunter Weinberger as his Eagle Scout project. The booth is approximately eight feet tall, eight feet wide and eight feet long, and is located in the church's balcony. Installation of the new booth took about three months, from November 2015 to January 2016. *Photo courtesy Phil Weinberger*

"They really like it. It looks really nice on the outside," he said.

"We had to have it inspected by the insurance company too – it's up to standards. It's definitely a safe enclosure. It's really roomy on the inside. There is a desk on the inside now, and we painted it too. It looks really nice."

Weinberger joined Troop 42 at the age of 6, starting out as a Cub Scout.

"I needed something to do, pretty much," he recalled. "My parents wanted me to join in and I liked it so I stayed in it. I knew it was good for me and getting Eagle Scout would look good on a college application."

Weinberger has helped out on other community service projects over the years, such as the annual Quincy Cleaner, Greener Days and a program in the Blue Hills. Weinberger was also one of 32 members of Troop 42 who traveled to New Jersey in 2012 to assist with relief efforts in the wake of Hurricane Sandy.

Weinberger said he was happy to have spent the last 12 years as a Boy Scout.

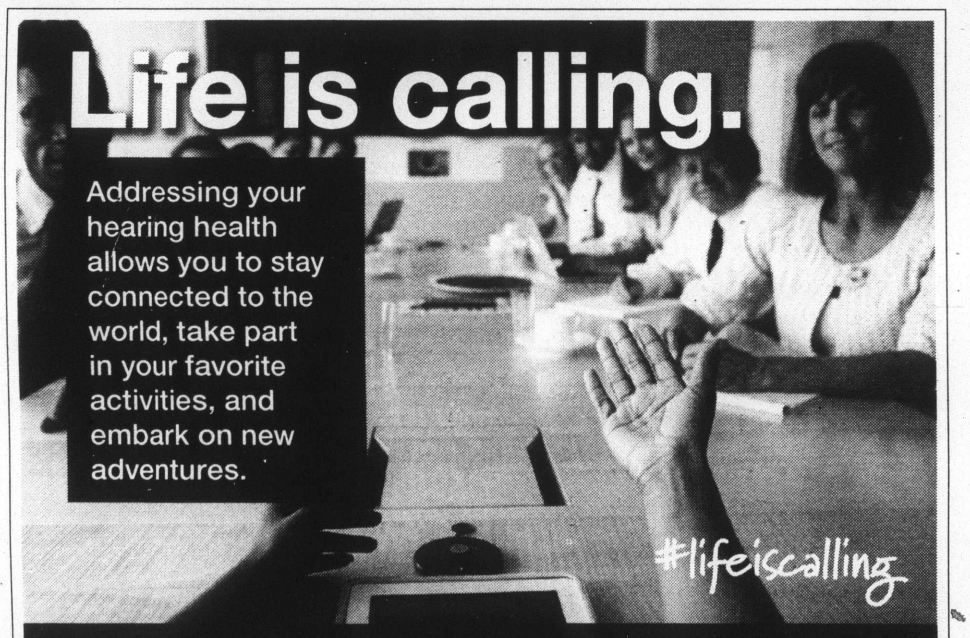
"I've been in it pretty much my whole life, since the earliest you could join. I met a lot of my friends through it. I think it's a great program," he said.

"I had a lot of fun. I definitely can say I did a lot more things than most kids can – in the outdoors and stuff like that. And I definitely learned a lot of useful skills."

Weinberger was both happy and relieved to receive his Eagle Scout award, scouting's highest honor.

"It was relieving. I felt really happy," he said. "My parents were proud of me, so that's nice. I was proud of myself as well, because it was something I knew I worked for pretty much my whole life."

Weinberger hopes to attend college after high school, preferably the University of Massachusetts Amherst. He is part of the engineering program at Quincy High, and would like to study engineering or science while in college.



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Morrissey, Bellotti Return From Counterterroism Seminar In Israel

Norfolk County's District Attorney Michael Morrissey and Sheriff Michael Bellotti have returned from a week-long Counterterrorism Seminar in Israel, organized by the Anti-Defamation League and conducted in cooperation with the Israeli national police and security services.

The all-Massachusetts group also included Boston Police Commissioner William B. Evans and a dozen more regional law enforcement leaders.

"We hope to never fully need some of the hard lessons that Israel has learned concerning securing transportation infrastructure, large event venues and the day-to-day practice of counterterrorism," Morrissey said. "But it is better to have the knowledge, particularly in the days after the Boston Marathon bombing."

NORFOLK COUNTY District Attorney Michael Morrissey, left, and Sheriff Michael Bellotti overlook the demilitarized zone between Israel and the Gaza Strip during their recent week-long counterterrorism seminar.

Bellotti said, "The nation of Israel lives with threats on its doorstep every day. We can learn a great deal from them. The only way to effectively combat terrorism is to share information with our partners in the fight. We have a lot of tools at our disposal, but we need to be smart about how we use them."

NORFOLK COUNTY DISTRICT Attorney Michael Morrissey, left, Boston Police Commissioner William Evans and Norfolk Sheriff Michael Bellotti, right, are pictured in a Jerusalem hotel between sessions of their week-long counterterrorism seminar.

The tour began with a seminar from the Washington Post correspondent in Israel, Ruth Eglash, discussing the complicated political, religious and social structure of the region. Other courses included meeting with Roni Tidhar, the head of planning, Control and Coordination of the security division at Ben Gurion International Airport, United Nations Observers in the Golan Heights, the Palestinian Civil Police in Bethlehem, and touring the national forensics laboratory.

At the request of Sheriff Bellotti, the seminar was expanded to include a tour of a correctional facility. Though unusual, the group visited a a prison facility on the edge of the West Bank containing almost 1,100 inmates.

The trip, which was led by Robert Trestan, the ADL's northeast regional director, overlapped with Governor Charles Baker's widely publicized Israeli trip on the last night.

"We are told that more than 100 senior law enforcement and local leaders have participated in this training over the years," Morrissey said. "The scope of the training was very broad, including a tour of the new Israeli National Police Academy, where Arab and Israeli officers are integrated into a coordinated training unit. That was something that struck me as hopeful."

Identity Theft Topic At Kennedy Center

Robin Putnam, Research and Special Projects manager from the Massachusetts Office of Consumer Affairs and Business Regulation, will be at the Kennedy Center on Friday, Jan. 27th at 12:30 p.m. to present "Consumer University" with a focus on identity theft.

The presentation will include information about the Office and what they do. It will also cover how to spot and avoid scams and how to prevent identity theft and fraud.

To register for this presentation call the Kennedy Center at (617) 376-1506.

Dental Health As You Age Program Jan. 25

Representatives from the Folan Family Dental Clinic in Dorchester will be at the Kennedy Center Wednesday, Jan. 25 at 10:30 a.m. to present "Dental Health As You Age."

They will address key topics including preventative care, plaque, and tooth decay, taking care of partials and dentures and nutrition that best supports optimal oral health.

Presentation will include a slide show and short video clips.

Registration is required for this presentation as space is limited. To register call the Kennedy Center at (617) 376-1506.

Ask the GEMOLOGIST
BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST

LEND AN EAR

If you haven't already heard, chic women are opting to leave one earring in the jewelry box and wear one in the ear (which ear is up to the wearer). Raw, uncut colored gemstones are a popular choice for this one-earring trend. Whether you choose to wear one earring or two, across-ear earrings create a bold look. Following the trend of wearing ear jackets that hang under the lobe and ear cuffs that grasp the cartilage, across-ear earrings blanket the ear with sprays of metal wings or feathers that are certain to draw attention with their size and daring. Speaking of bold, baroque revival earrings with their mix of color and complexity continue to sparkle.

Wearing one earring doesn't really work with small, delicate earrings. The appeal is in its grandeur. Overly embellishing one ear, whether it's with a fancy ear cuff, a trendy ear jacket or a shoulder-grazing statement earring attracts attention to the fact that you are bold enough to go against the grain and rock a single earring like a rebel! For the latest trends in jewelry, please visit our store at 1402 Hancock St. in Quincy Center (617-773-3636).

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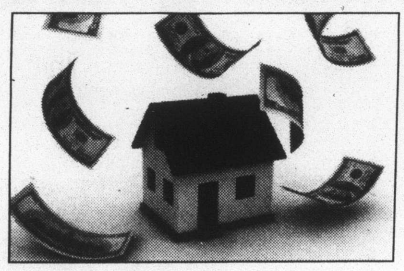

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Political Rumors

New year:
New rumors.

We're a week into 2017 and some political gossip has started making the rounds.

We start in Ward 1 where there's speculation that former School Committeeman David McCarthy will be running to unseat incumbent Margaret Laforest this fall. McCarthy has been consulting advisors and supporters and while he's mum right now on his exact plans, he does have a fundraiser in the works sometime in February.

McCARTHY

LAFOREST

Could it be an official launch of the "David McCarthy for Ward 1 Councillor" campaign?

The announcement for the fundraiser will simply read "Committee to Elect David McCarthy." No mention of councillor-at-large which McCarthy made a bid for two years ago. He had served 12 years on the School Committee before vying for one of the three council at-large seats in 2015. McCarthy finished fifth in that race behind winners Joseph Finn, Noel DiBona and Nina Liang and Mike McFarland who lost his bid for a sixth two-year term coming in fourth. It's doubtful McFarland, who is president of Colonial Federal Savings Bank and also served on the School Committee before he joined the City Council, would run at-large again.

In the same 2015 city election, Laforest was re-elected to a fourth term as the Ward 1 councillor defeating John McCone.

Despite being a ward race, a McCarthy-Laforest battle would certainly catch the eye of political observers throughout the city. Two well-known names and seasoned campaigners battling it out in a ward that encompasses Houghs Neck, Germantown, Adams Shore, Merrymount and stretches to part of Quincy Center.

Both McCarthy and Laforest also have deep roots in Houghs Neck, a neighborhood that traditionally has had a strong turnout at the polls. McCarthy grew up on Sea Avenue at the end of Houghs Neck. Laforest was raised on Post Island Road where she owns a home with her family. McCarthy is now a resident of Whitney Road located near the end of the ward line in Quincy Center.

It looks like McCarthy will be a challenger for a city council seat this fall.

But which seat?

To be announced.

❑

ONE ELECTED official who does not have to make a decision about his political plans this year is Mayor Thomas Koch.

Courtesy of serving the first four-year mayoral term in Quincy history, Koch is just a quarter of the way through those four years. He will give a "state of the city" address Jan. 31 and there will no mention of his political plans in the speech in the Great Hall of the McIntyre Government Center. Some mayors have used the state of the city (also known as the "Mid-Term" address during the half-way points of the erstwhile two-year term) to disclose their political intentions.

One such speech occurred in January of 1989 when then Mayor Frank McCauley announced in a crowded City Hall Chamber that he would not be seeking a fifth term that fall. McCauley's "Sayonara" speech set off a four-way race for the mayor's seat that year with James Sheets eventually winning his first of six terms that fall.

There will be no "Sayonara" for Koch Jan 31. Instead, he says he will discuss the "nuts and bolts" of city government with some emphasis on city finances.

So, it may be another two years or more before we know for sure if Koch will run for a historic second four-year term (his sixth term overall) in 2019. If he does not seek re-election in two years, and finishes out his current four-year term, he will tie former Mayor James Sheets as the longest serving mayor under the Plan A form of government – 12 years. But if Koch runs for a second four-year term in 2019 and is re-elected again, he would become the mayoral longevity champ with 16 years once that term is complete.

KOCH

Koch is a one-term-at-a-time kind of mayor. He says he still wants to serve as the city's chief executive as long as there's "fire in my belly" and there's still work to be done. The mayor will celebrate his 54th birthday on Jan. 22 and will be only 57 at the end of his current term. Still a young guy politically and otherwise.

A lot can happen over the course of the next couple of years. If the city is humming right along and most of the downtown projects have come to fruition, perhaps Koch will ride off into the political sunset as a satisfied former public servant.

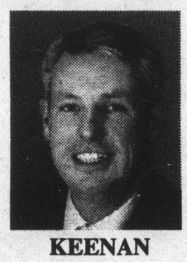
Or, if there's still some pet projects on Koch's plate, maybe it's one more election and a chance for government history in Quincy.

Koch's ultimate decision on running or not running would send political shock waves throughout the city.

If he decides to run again, he could go unopposed. Potential contenders may be inclined to wait out those four years, raise some funds, and establish a network of supporters for an open mayor's seat in 2023.

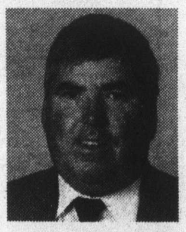
But an open mayor's seat in 2019 would set off some major political scrambling. The list of potential candidates could come from any segment of local government, not just the city council. Some names speculated running for mayor if Koch does not seek re-election in 2019 include Norfolk County Sheriff Michael Bellotti, state Sen. John Keenan and Ward 4 Councillor Brian Palmucci. Palmucci has also been rumored to be interested in the Norfolk County district attorney's seat now occupied by Quincy Democrat and former state legislator Michael Morrissey. Morrissey's current term is up in 2018 and he tells us he is definitely running for re-election as D.A. next year.

BELLOTTI



KEENAN

PALMUCCI



MORRISEY

Aside from the potential McCarthy-Laforest Ward 1 race, this year's city election could be on the quiet side. There is no mayor's contest because of the four-year term. The only races will be for city council and three school seats. Speaking of the school race, another rumor has it that Bellotti could make a run for one of the three seats up this year. Those seats are currently held by Anne Mahoney, a former mayoral contender; Barbara Isola and Emily Lebo.

Another potential race is in Ward 6 where Bill Harris says he is running for a full two-year term after being awarded the seat last spring in the aftermath of the untimely death of former Councillor Brian McNamee. One challenger could be Alie Shaughnessy who was among the candidates running for what appeared to be an open Ward 6 seat caused by McNamee's death. But the open seat never materialized and an election that was planned to determine McNamee's successor was overturned in the courts. A judge named Harris to fill the remainder of McNamee's term. Harris was awarded the seat because he was the runner-up to McNamee in the 2015 Ward 6 city council race.

Harris says he wants to continue serving his constituents in Ward 6 and will be making a bid for another term this fall. Remains to be seen if anyone will challenge him.

❑

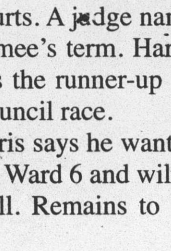
THE LAST rumor we heard recently is that there could be a drive for a citizens' initiative petition to be placed on the ballot calling for the term of city councillor to go from 2 to 4 years. The question would require collecting signatures from five percent of Quincy's registered voters – or nearly 3,000 since there are about 59,639 voters registered in Quincy. Voters would then have to approve it at the ballot box.

It's anbody's guess what the public's reaction would be if this measure ever reaches the ballot. The four-year term for mayor was approved in 2013 – by a comfortable margin, too (7,071 yes votes to 3,339 no votes). One of the arguments for the four-year mayoral term was to give Quincy's chief executive more time running the city and less time campaigning.

We did not endorse the four-year mayoral term – we still think the city's mayor should be accountable to the voters every two years.

We think the same is true for city councillors. If they are doing their jobs and handling constituent services responsibly then there's nothing wrong with having their name on a city ballot every two years.

The voters should still ultimately decide if city councillors should return to office every two years. Four years is a long time to change councillors if they are not performing their elective duties. That's how we see it.



Son Beams

By ROBERT BOSWORTH

Moments in time

THE HISTORY CHANNEL

• On **Jan. 18, 1803,** in a secret message to Congress, President Thomas Jefferson requests funding for the Lewis and Clark expedition to explore the mysterious Far West and perhaps find a Northwest Passage to the Pacific. Jefferson officially asked Congress for $2,500, though some sources indicate the expedition ultimately cost closer to $50,000.

• On **Jan. 14, 1875**, theologian, musician, philosopher and Nobel Prize-winning physician Albert Schweitzer is born in Upper-Alsace, Germany. Schweitzer's philosophy revolved around what he called "reverence for life," the idea that all life must be respected and loved.

• On **Jan. 19, 1883**, two steamers, the Cimbria and the Sultan, collide in heavy fog in the North Sea, resulting in the deaths of 357 people. For those who did not make it into a lifeboat, the cold water was deadly. Hypothermia and drowning claimed hundreds of lives within minutes.

• On **Jan. 16, 1942**, actress Carole Lombard, famous for her roles in screwball comedies such as "My Man Godfrey" and for her marriage to actor Clark Gable, is killed when the TWA DC-3 plane she is traveling in crashes en route from Las Vegas to Los Angeles.

• On **Jan. 15, 1951**, Ilse Koch, wife of the commandant of the Buchenwald concentration camp, is sentenced to life imprisonment in a court in West Germany for her extraordinary sadism. The "Witch of Buchenwald" collected lampshades, book covers and gloves made from the skin of tattooed camp prisoners.

• On **Jan. 17, 1966**, an American B-52 bomber collides with a KC-135 jet tanker over Spain's Mediterranean coast, dropping three 70-kiloton hydrogen bombs near the town of Palomares and another into the sea. The U.S. eventually settled some 500 claims by residents whose health was adversely affected.

• On **Jan. 20, 1980**, President Jimmy Carter proposes that the 1980 Summer Olympics be moved from the planned host city, Moscow, if the Soviet Union failed to withdraw its troops from Afghanistan within a month. The United States was one of some 60 countries that eventually boycotted the Moscow Olympics.

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Scenes From Yesterday

THIS IS A 1928 real photo postcard view of Beale Street in Wollaston looking east from the railroad bridge towards Hancock Street. On the left was Sherman S. Brokaw Square, commonly known as Depot Square, where Howard Johnson opened his first ice cream shop. The large Victorian building on the right is pretty much the same today, but the next small building has been replaced with a multi-story residential building. In the distance, the large building seen over the treetops was the Wollaston Masonic Temple, later the Wollaston Legion Post, and now the site of a Santander Bank branch. Everything visible on the left is now the Red Line parking lot. A few years after this picture was taken the bridge was rebuilt and the road was widened from here to Hancock Street. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Nail Your 2017 Financial New Year's Resolutions

The New Year has become an opportunity to commit to new goals and rekindle hope. In fact, 40 to 50 percent of New Year's revelers raise a toast to living better, healthier lives. Yet despite their optimism on Jan. 1, the majority end up missing their marks.

"Many of us come out of the gate raring to go, but our enthusiasm quickly dies because our goals are too lofty or because we haven't established any sort of plan," said Mike Sullivan, a personal finance consultant for Take Charge America, national nonprofit credit counseling and debt management agency. "You're more likely to stick with your resolutions if you focus on bite-sized goals, build a solid plan to achieve them, and celebrate each milestone."

Sullivan offers eight tips on making and keeping financial New Year's resolutions:

• **Review the past year**: Start with a review of your current financial state. Did you earn more? Did you save more? Do you owe less? If so, take some time to celebrate. If you didn't, ask for help. Talk with a financial advisor or credit counselor and explain your goals.

• **Make a budget**: It's an oldie but a goodie – and it's at the top of every financial to-do list because it works. Take inventory of your income and spending to get a sense of necessary expenses, discretionary funds and potential savings. Putting pen to paper also will open your eyes to any worrisome spending habits and help you make smarter decisions in the future.

• **Automate and simplify**: Take advantage of your bank's bill pay feature to automate recurring payments like your mortgage, insurance, cable, utilities and even savings. In addition to saving you time each month, setting up auto payments helps you avoid late fees.

• **Organize your finances**: The New Year is a perfect time to get your financial life in order. Establish a process and system for paying bills, review your credit report for accuracy, research financial software, set up auto deposits and shred old documents and receipts. This is also an ideal time to gather and organize your tax information for 2016.

• **Save for emergencies**: If you don't yet have an emergency fund, now is the time to build one. Aim to save enough money to cover three to six month's expenses, but break this big goal down into smaller milestones – and celebrate each time you reach one.

• **Pay down debt**: This may seem overwhelming, especially if you have multiple credit cards, student loans, car loans, etc. Start by tackling the debt with the biggest interest rate, and move down the list from there. If needed, enlist the help of a nonprofit credit counseling or student loan counseling agency for one-on-one guidance, an action plan and assistance negotiating with creditors.

• **Save for retirement**: This is critically important to your financial health, but far too few people are focused on saving for their golden years. If you haven't already done so, evaluate employer-sponsored retirement savings plans, or talk to a financial advisor about individual retirement accounts (IRAs). Commit to saving every month – even if it's a small amount – and work to increase your contribution over time.

• **Make it a family affair**: Don't go it alone! Enlist the help of family and friends to help you stay focused on your financial goals and priorities. You can also aim to teach your kids a new financial lesson each month, or create savings goals as family.

For more tips on financial resources, credit counseling and student loan repayment, visit Take Charge America.

READERS FORUM

Reader Responds To Letter On Tax Increase

This is a reply to letter writer Don Kusser and city taxes.

Mr. Kusser is putting the blame of tax increases on the city council. Mr. Kusser should look no further than his friend Tom Koch for the person to blame.

Mr. Kusser, it was Tom Koch that took 13 businesses away for a road that no one voted for, but got anyway. It was Tom Koch that took nine homes in North Quincy, for a football field, again no one voted for but got anyway. Both projects took revenue away from the tax books and caused a tax increase for us.

Now, Mr. Kusser, we have a park in front of City Hall, that caused a "traffic realignment" (I call it a headache), that Tom Koch gave us, that caused a tax increase.

Mr. Kusser wants to put the blame on our city council instead of where it belongs. Mayor Tom Koch.

Charles Dennehy, Jr.
West Quincy

(*Editor's note*: The City Council voted unanimously in favor of funding for the NQHS athletic facility.)

Fixed Incomes, Higher Taxes

Everywhere you look in Quincy there are new apartments, condominiums or hotels being developed. Why must the politicians in Quincy raise property taxes again?

A property value increase should not mean an automatic tax increase. There are many senior citizens living on fixed incomes that can't afford these excessive increases.

John Riley
Quincy

Quincy's Yesterdays

This Week
1958
59 Years Ago

Plan A Returns As Della Chiesa Takes Oath As Mayor

The Plan A form of government returned to Quincy after an eight-year absence as Amelio Della Chiesa was sworn into office.

Della Chiesa, who served as the ceremonial mayor under the Plan E-City Manager Charter for four years, delivered his inaugural address in the City Council Chamber.

The mayor called for, "a more equitable distribution of tax assessments throughout the city." He recommended that, "our Board of Assessors approach the New Year with a determined effort to bring about an equitable tax distribution of all properties in our city."

Mayor Della Chiesa's other recommendations included:

More off-street parking, retention of Old Colony passenger service and encouragement of further industrial development in areas zoned for industry.

McINTYRE ELECTED COUNCIL PRESIDENT

Councillor James R. McIntyre was unanimously elected president of the City Council at the organizational meeting of the new city council.

The election was made unanimous after Councillor Thomas S. Burgin, a former mayor, requested that votes cast for him by Councillors Edna B. Austin and David S. McIntosh be withdrawn.

McIntyre was nominated by Councillor Carl Anderson and the nomination was seconded by Councillor William C. Ellis.

The new council president was starting his second two-year term on the council. McIntyre is a graduate of Holy Cross College and a combat veteran of the Korean War.

QUINCY-ISMS

Kenneth Gardner, a former head clerk in the Water Department, was appointed as personnel director for the city by Mayor Della Chiesa... **Professor Allen Knight Chambers** of Boston University was the scheduled speaker at the annual meeting of the combined Protestant Men's Clubs of Wollaston. The event will be held Jan. 23 at the Wollaston Methodist Church... **Gerald Burke,** son of Mr. and Mrs. Frank Burke, 186 Rhoda St., Houghs Neck, returned to St. Francis Xavier Seminary at Miramar, Duxbury, after a two-week vacation at home... Shop'n Save Super Market, 20 Independence Ave., So. Quincy, was advertising "Fresh Veal Cutlets, $.69 a pound"... **Samuel Snidman** and **Joseph Yanoff,** long time members of the Quincy Jewish War Veterans Post were honored at the annual past commanders breakfast held at the Jewish Community Center... The Fred Astaire Dance Studios at 1511 Hancock St., downtown Quincy, was offering "Four Private Lessons for Beginners, Only $9.50"... D. Silverman and Sons Auto Dealers at 479 Washington St., Quincy Point, was inviting potential customers to come in and, "Drive the Year's Best Deal-the 1958 Edsel"... **Calvin D. Black,** son of Mr. and Mrs. Calvin W. Black, 504 Sea St., Adams Shore, accepted a Regular Army Commission as a second lieutenant, while stationed at Fort Hood, Tex... **Mayor Della Chiesa,** chairman of the School Committee, swore in members **Dr. Charles Djerf, A. Wendell Clark** and **Dr. Edward S. Mann** for four-year terms... **Jay Olens,** 5 Edgemere Rd., a member of Boy Scout Troop 45 and **Donald Wilkinson,** 9 Granger St., of Troop No. 3, received their Eagle Scout awards... The Quincy Cooperative Bank, Hancock St., Quincy Center, announced that its current rate of dividend was, "3 1/2 on All Savings Plans, Payable Four Times A Year"... "'Pursuit of the Graf Spee,' The Moat Famous Sea Chase in History," was showing at the Art Theater, Quincy Center... **Leo A. Powers,** son of Mr. and Mrs. Leo Powers, 21 Hobomack Rd., Merrymount, was commissioned a Marine Second Lieutenant. Lt. Powers is stationed at Quantico, VA... **Larry Antonelli** was chairman of the Quincy Lodge of Elks annual Italian Night dinner dance to be held Feb. 1 at the Elks Home, Hancock St., Quincy Center... **John J. Walsh** was installed as president of the Quincy Kiwanis Club at ceremonies held at the Neighborhood Club. Other officers included **Gustaf E. Westhrin,** treasurer and **Richard H. O'Brien,** vice-president.

Arts & Entertainment

B.C. High's Concert Choir Sings At The White House

Boston College High School freshman Thomas Potts of Quincy, a member of the school's concert choir, was among the students who gave a 90-minute concert in the East Room of the White House Dec. 18.

The 28-member choir (25 students and 3 faculty) under the direction of Doctor Marina Rozenberg of Hingham arrived at the White House at 2 p.m. Dec. 18 where they were met by security and then greeted by White House hostesses who ushered them to the East Wing waiting room and then the staging area where various performers were warming up.

At 3 p.m. the choir took position on the steps and sang a 13-song cycle for 90 minutes as tourists passed through the rooms of the East Wing. Many tourists gave the thumbs-up sign and others stopped and applauded between songs. Among the songs were: *What Child is This, O Bethlehem, Three French Carols, The First Noel, Away in a Manger* and *O Little Town of Bethlehem.*

After the concert the choir dined at Old Ebbitt Grill and then from 6:30 to 8:30 p.m. they took a night tour of D.C. This was the third time that Dr. Rozenberg's choir has performed at the White House.

BOSTON COLLEGE HIGH School Concert Choir recently performed at the White House. Front row left to right: James Caulfield (Dorchester), Nicholas White (Saugus), Justin Rich (Bridgewater), Luc Grenier (Scituate), Timothy Smyth (South Boston), An Ngo (Holbrook), Thomas Potts (Quincy), Edward Curtis (Milton) and Tomas Sommer (Milton). Back row (left to right): Mrs. Yoojine Lee (Newton), Dennis Cogan (Milton), Mr. Eugene Holmes (Roslindale), Kevin McDonough (Milton), Chris Harrington (Arlington), Jay Noonan (Scituate), Jacob Martens (Milton), Cooper Roberts (Milton), Quentin McCarron (Cohasset), Joseph Januszewicz (Brighton), Marek Benster (Hyde Park), Scott Czerwinski (Burlington), Dr. Marina Rozenberg (Hingham), David Nerrow (Concord), Michael Duarte (Arlington), Keenan Byrne (Milton), Robert Lester (Brookline), Mark Edwards (Milton) and Joseph Branch (Randolph). *Photo Courtesy BC High*

Quincy Students On St. Agatha School First Term Honor Roll

The following students from Quincy are listed on the first term honor roll at St. Agatha School.

Grade 5 High Honors

Jennifer Ayles, Lilly Blow, Roisin Burke, Ella Marie Connolly, Grace Ann Connolly, Aidan Cullinane, Katelyn DiMattio, Charles Donovan, Kathleen Henderson, Tyler Kelly, Thomas Mantville, Eleanor McConville, Brielle Schlager, Jack Shepherd, Molly Toland and Jonah Werner.

Grade 5 Honor Roll

Gwendolyn Connor, Abbey Mustafai, Emma Smeaton and Drew Wardlow.

Grade 6 High Honors

Juan Barroso, Farrah Borkowski, Martin Connolly, Sean DiMattio, Julian Direiter, Sabrina Ford, Paige Holleman, Joseph Hurton, Javlyn Jean-Pierre, Logan Keldsen, Caroline Killilea, James McGrath, Brett Mulligan, Julia Ormond, Adam Thomas and Sean Toland.

6th Grade Honor Roll

Kailey Dalton, Patrick Fox, Madison Gafanhao, Kayla Healy and Michael O'Callaghan.

Grade 7 High Honors

Lily Baldwin, Matthew Gratch, Natalie Gratch, Cooper Hernon, Irene Kelly, Justin Pham and Rima Zahreddine.

7th Grade Honors

Michaela Bulger, Ersi Doci, Julia McDonald, Fintan Murtagh, Grace O'Hara, Eric Peterson and Scott Truong.

Grade 8 High Honors

Caroline Connelly, Luke Donovan, Nora Donovan, Samantha Ford, Kate Golden, Emily Hutchinson, Fiona McDonald, Ernest Mealey, Grace O'Malley-Wilshere, Shaun Ormond, Matthew Raimondi, Kristin Shalvey, Kira Szilva and Pierce Troy.

8th Grade Honors

Benjamin Blow.

Local Programming Highlights on ... QATV

Quincy Access Television
88 Washington Street
Quincy, MA 02169
617-376-1440

Public Access Channel 8	Government Access Channel 11
Thursday, January 5 7:30pm: Quinzee Memories: South Quincy 8:30pm: Sports Night	Thursday, January 5 6:00pm: Update DPW: Winter Season 6:30pm: FYI: QHD GMOs 7:00pm: Quincy in Focus: Year in Reveiw
Friday, January 6 10:00pm: Constitution: Then & Now 11:00pm: Penny Dreadful's Shilling Shockers	Friday, January 6 7:00pm: AM Quincy: Noel DiBona 8:00pm: At the Library: Hiroya Tsukamoto
Saturday, January 7 7:00pm: Currently in Quincy: The Interviews Ep 8 9:00pm: All Friends Cabaret	Saturday/Sunday, January 7/8 12:00pm: Quincy in Focus: Year in Reveiw 3:00pm: At the Library: Hiroya Tsukamoto 7:00pm: Now Showing: Coast Guard Band 8:30pm: Quincy in Focus: Year in Review
Sunday, January 8 7:30pm: Quincy in Focus: Year in Review 9:00pm: At the Library Concert: Hiroya Tsukamoto	Monday, January 9 7:00pm: A Look Back: QFD 1943 7:30pm: A Look Back: QFD 40s & 50s 8:00pm: A Look Back: QFD 50s & 60s
Monday, January 9 7:00pm: LIVE: Eye on Quincy 9:00pm: AM Quincy: William Harris	Tuesday, January 10 6:00pm: Health Links: Rodent Control 8:00pm: At Your Library: January
Tuesday, January 10 6:00am: LIVE: AM Quincy w/Joe Catalano (audio) 7:00pm: AM Quincy: Noel DiBona	Wednesday, January 11 6:00pm: In the Know: Family & Probate Court 7:00pm: In the Spotlight: Lynda Byrd Johnson
Wednesday, January 11 8:00pm: At Your Library: January 9:30pm: Sound Advice	

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

QUINT'S
House of Flowers
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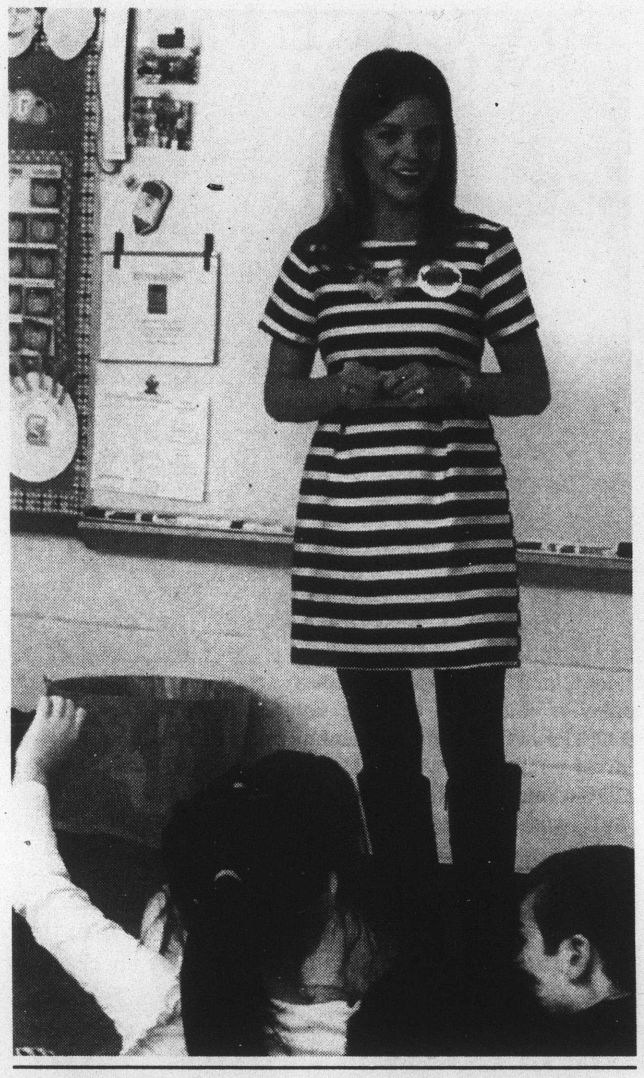
617-773-7620

Social

Bri Eggers Visits Beechwood Knoll School



METEOROLOGIST BRI EGGERS (left photo) from Channel 7 in Boston recently returned for her second year to visit with the third graders of Beechwood Knoll. Eggers has a witty sense of humor that kept all of the kids laughing. She talked to the third graders about wild weather and was quite impressed with their knowledge of hurricanes, tornadoes, and blizzards. Eggers took the kids on a virtual tour of the news station, and told the kids all about the green screen, and how she still gets a little confused sometimes with the direction she should be pointing to on the map. The kids asked wonderful questions, and fully enjoyed their visit from Bri. The students and teachers look forward to her visit each year.

Photos Courtesy Katie Connolly

Matthew Cox Joins Faculty At Sacred Heart School

Sacred Heart School in Kingston announces Quincy resident Matthew Cox has joined the faculty as a mathematics instructor.

Cox teaches Precalculus, Precalculus Honors, Probability and Statistics to students in grades 7 to 12.

Prior to joining Sacred Heart, Cox was an assistant project manager with a general contractor and previously was employed by several architecture firms as a designer.

He earned a Bachelor of Science in architecture from Wentworth Institute of Technology and is nearing completion of a Master of Education in secondary mathematics from Cambridge College. He is presently licensed to teach secondary mathematics in the Commonwealth of Massachusetts.

Originally from Granger, Indiana, Cox lives in Quincy. He is an active volunteer at Spaulding Rehabilitation Hospital and completed the 2016 Boston Marathon.

8th Annual 'Chili Bowl' Cook-Off Jan. 28

The 8th annual Quincy "Chili Bowl" Cook-off will be held Saturday, Jan. 28th from 2 to 5 p.m. at the Fellowship Hall of the Houghs Neck Congregational Church, 310 Manet Ave.

The Chili Bowl – Quincy's own version of the "Big Game" for chili – has become a much-anticipated annual event, attracting several hundred attendees. Individuals and restaurants are invited to enter with a chance to win a trophy and title of "Quincy's Champion Chili."

There is no fee to enter. The only requirements are to bring three gallons of chili in your own crockpot or chafing dish, your own apron and serving utensil.

Electricity and tables are provided.

Servers can also provide servers for restaurants if needed. Restaurants may also display signage or a banner with their name at their station in the hall and pass out flyers, coupons or other promotional materials.

To enter contact Pam Craig, Chili Bowl coordinator, at 617-471-8968 or chilicookoffhnccc@gmail.com.

With categories for both home cooks and restaurants, the event will offer attendees the chance to sample and savor up to 20 different varieties of chili.

Trophies and medals awarded to the champions chili winners are voted on by attendees. Admission to the cook-off is $5 and includes all the chili you can eat. Hotdogs, beer, soda and snacks will also be available for an additional charge.

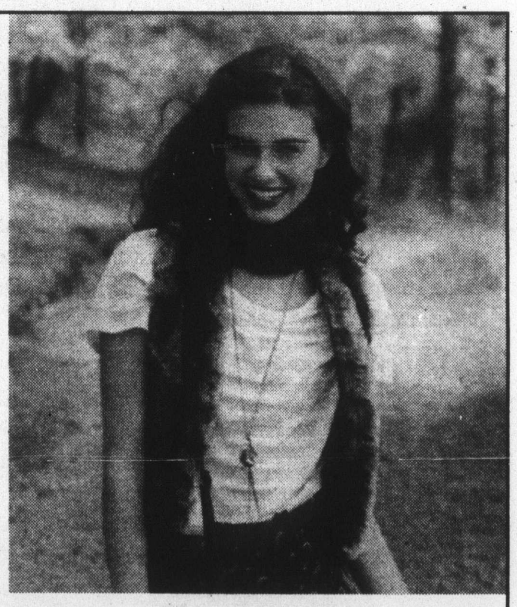
Knights Of Columbus Meat Raffle Friday

The Knights of Columbus will hold a meat raffle Friday, Jan. 6 at the council hall, 5 Hollis Ave., North Quincy.

This month's raffle is sponsored by Dist. Atty. Michael Morrissey in conjunction with the QHS Culinary Arts Program which is providing the food.

Food is served at 6:30 p.m. and the raffle starts at 7 p.m. Proceeds benefit the annual scholarship drive. All are welcome.

Fall into the New Season with a New Style!



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617-472-1060
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Come Join Us!

THE POLAR PLUNGE 2017

PUBLIC LANDING HOUGHS NECK

BROUGHT TO YOU BY THE ATHERTON HOUGH PTO

Saturday, January 7th, 2017

10:00AM

Houghs Neck Public Landing / Maritime Center
137 Bayview Road Quincy, MA 02169

$20 Adult/ $10 Student ~ $40 Family Cap

Don't want to Plunge? Come support those who do!!

Bake Sale in the Maritime Center for all to enjoy! opening at 8:30AM!!

Boston Property Development Donates Gifts To QCARE Families

As a supporter of QCARE (Quincy After School Child Care), Boston Property Development (BPD) has spread holiday cheer throughout Quincy by stepping up for the second year to organize their own donation drive to fulfill wish lists of QCARE families in need.

BPD's CEO Peter McLoughlin and his team of "Santa elves" presented a sleigh full of donated gifts for children and families Dec. 21 at BPD's new Triple 9 Apartments location at 999 Hancock St. in Quincy.

"At Boston Property Development, we are a company with deep roots in Quincy and helping our community live better is why we do what we do," said Quincy native and BPD CEO Peter McLoughlin. "Partnering with QCARE gives us another opportunity to pay it forward, which has been a part of our company culture since founding over 15 years ago."

Recipients of BPD's generous donation are QCARE program participants with demonstrated need, including families with children receiving state subsidized care and those on tuition scholarships.

"For the last two years QCARE has partnered with Boston Property Development to support children in need through holiday giving," said Sarah Morrison, QCARE executive director. "QCARE has been able to work directly with families to obtain wish lists, and Boston Property Development has gone above and beyond to meet the lists and offer so much more. In addition to fulfilling wish lists, the elves at BPD supply extra gifts for parents, stockings, wrapping paper, and even grocery store gift cards to ensure that our families in need do not go without over the holidays.

QUINCY AFTER SCHOOL administrators meet with Peter McLoughlin, CEO of Boston Property Development (BPD), in the new Triple 9 Apartments lobby to receive gifts purchased by employees of BPD for QCARE families in need. Pictured from left to right: Jon Cohen, BPD employee; Peter McLoughlin, BPD CEO and founder; Matt McLoughlin, BPD employee; Sarah Morrison, QCARE executive director; Emily Goldberg, QCARE program director; Marisa MacLellan, QCARE administrator; Melissa Mitchell, BPD employee; Maggie Follen, BPD employee; Carole Saia, QCARE development associate; Michael Murphy, BPD employee; Wilfred Dorlus, BPD employee; and Kevin Pitts, BPD employee. *Photo Courtesy Quincy After School Child Care*

"The level of organization, compassion and support by BPD employees for these anonymous families has been incredible,' Morrisson said. "I only wish that we could all see the joy that this charitable giving brings on Christmas morning and beyond. We are thrilled to have BPD's support and so appreciative of their help for some very special children."

WHAT'S COOKING with *Marie & Suzie*

By MARIE D'OLIMPIO and SUSIE FALCO

Hash Brown Waffles

By MARIE

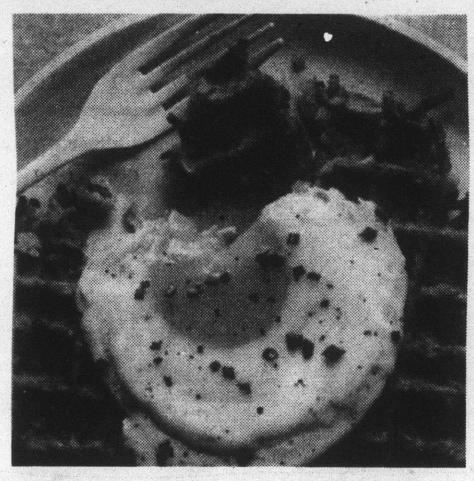
I am so excited about today's recipe because I love hash brown potatoes and when I found this recipe for Hash Brown Waffles I thought it was such a great innovation. This recipe was in a food magazine and I could not wait to try it.

HASH BROWN WAFFLES

Preheat oven and waffle iron to 200 degrees

Ingredients

2 pounds of yellow potatoes peeled and grated
Salt and pepper to taste
¼ cup of vegetable oil
½ teaspoon of smoked paprika
3 eggs lightly beaten



Grate the potatoes and toss them in a bowl with salt, pepper, the paprika and the oil until the potatoes are well coated. Stir the eggs into the potato mixture and mix well.

Lightly coat the waffle iron with cooking spray. Spoon one cup including liquid into the waffle iron spreading evenly to cover the iron. Cook until potatoes are golden brown and tender for 6 to 8 minutes.

Transfer each waffle to a cookie sheet and place in the warming oven to keep them warm until the next batch is done. Make 3 more waffles and make sure you spray iron between each batch.

A fried egg or scrambled eggs can be placed on top of the waffles. This makes a wonderful breakfast.

Remember now, after each waffle is done place on a cookie sheet keep in a warming oven at 200 degrees until ready to serve.

Grain Free Herb Sesame Crackers

By SUSIE

Crackers are something many folks crave (salty crunchy) with either a dip or with some cheese, and end up eating too many or eating the kind out of a box made with refined flours and sugars.

These crackers are gluten and grain free, loaded with protein, as well as fiber, calcium, healthy fats, and some important vitamins and minerals not found in your everyday crackers.

Did you know that a serving of sesame seeds contain more calcium than a glass of milk? These are easy too!

GRAIN FREE HERB SESAME CRACKERS

3 cups almond flour (I use Honeyville brand, you can get online, it is by far, the best and fluffiest)
1 1/2 tsps sea salt
1/2 tsp garlic powder
1/2 tsp onion powder
1 cup sesame seeds
2 tablespoons olive oil or avocado oil
2 eggs

Preheat oven to 350. In one bowl combine dry ingredients and in the other combine eggs and oil. I like to mix well with a mixer or immersion blender. Combine and mix well with wooden spoon.

Place dough between 2 pieces of parchment paper and roll to about 1/16 inches. Take off top piece and cut into squares with sharp knife or even a pizza cutter. You can even use cookie cutters.

Bake about 12 minutes until lightly golden.

168 On Point Webster Honor Roll

One hundred sixty-eight made the first term honor roll at Point Webster Middle School

HIGH HONORS

Grade 8: Ruihua Chen, Jacky Chiu, Abigail Deane, Kelsy Duong, Jacob Ferrullo, Noela Janka, Rachel Lafferty, Limei Li, Annie Liang, Raymond Liu, Antonia Logan, Rachel McKenna, Manuel Murillo-Wong, Donovan Murray.

Mark Nguyen, Thuan Duc Nguyen, Vera Nguyen, Henry Nim, Emily Pham Nguyen, Kenia Rosemberg, Joselle Samson, Andrew Tran, Nelson Tsang, Hsiu Tsao, Lilian Uong, Kenny Vo, Xiang Guang Xu, Dong Pei Zhang, Yuyang Zheng.

Grade 7: Yumna Ali, Bryan Amorim, Kevin Aprea Cabrera, Peter Boylan Jr., Savannah Broderick, Emma Brown, Ricky Chieng, Thomas Christian, Nicolas Costantino, Emma Crosby, Andrew De Franca, Vy Do, Jasmine Duong, Kareem El-Dayisty, Kyle Galecia, Amelia Goodfellow, Sandy Guan, Emily Huang, Nick Janka, Julia Jin, Andy Le, Emily Leong, Oscar Li, Nicola Liang, Chris Lin.

Adriana MacPherson, Priyal Nanda, Sarah Nguyen, Tammy Nguyen, Alexander Norton, Nandini Paliwal, Vraj Patel, Brandon Pham, Dhanvi Puttur, Paige Raber, Harini Raman, Varshini Raman, Emily Ryan, Ekow Sam, Jamie Tam, Sandra Tan, Mackenzie Thai, Belle Tran, Brandy Tran, Natalie Tran, Thy Tran, Vivian Tran, Celine Zheng.

Grade 6: Zaila Alves, Jason Au-Duong, Jayda Berry, Isabella Carinci, Ashley Chamu Charco, Vanessa Chan, Elaine Chung, Kloee Gora, Sean Halley, Bonnie Huang, Ismayil Ismayilov, Shubhum Kumar, Christian Gabriel Las, Josephine Leung, Ivan Li Jr., Deekshita Madhalam, Christopher Moon, Arisa Nakanishi, Kelly Phu, Kaitlyn Vo.

HONORS

Grade 8: Russell Alexander, Victoria Carvalho, John Cawley Jr., Gary Collins Jr., Isabela Do Vale, Ray Daniel Feliciano, Yaritza Flores, Christopher Fournier, Gianna Freeman, Houda Haiti, Muhammad Khan, Mounir Maloof, Mia Marcello, Mohammad Masood, Varun Muruganandam Murali Krishnan, Daniel Nguyen, Cassandra Patch, Jaiden Remy, Linda Tan, Susanne Tedeschi, Taylor Thomas.

Grade 7: Kymani Correia, Eleanor Fortin-Stokes, Olyviah Gates, Cynthia Henderson, Caleb Liang, John Lynch III, Kyle Murphy, Matthew Najjar, Dylan Parsons-Viola, Pyetra Pereira, Tony Pham, James Phipps, Brian Rodrigues, Tamba Sewa, Itati Toledo Richard.

Grade 6: Onuchi Alamba, Yaseen Ali, Zainab Alnasiri, Heli Bhagat, Keerthana Bhuvanam, Saahithi Bhuvanam, Anthony Bina-Rodriguez, Kayla Blatcher, Vivian Burke, Kyle Cao, Robert Chambers-Holland, Ruben Charles, Megan Cobb, Rugved Doke, Elham Elham, Daniel Gedutis.

Joshua Henderson, Shawn Kozlowski, Elysha Louis, Meidong Ma, Brianna McKinney Roman, Dayanie Mejia Cisneros, Mikayla Miller, Emily Nguyen, Huy Nguyen, Anthony Pham Nguyen, Alex Pham, Satya Pulapa, Hughlando Pusey, Kenneth Reale III, Marissa Rodriguez-Davis, Thomas Spano, Allison Thiha-Wong, Ivy Tiet, Michael White.

Wellness Program Starts Thursday

The Quincy Weymouth Wellness Initiative is offering a free six-week program My Life, My Health - Health Self Management at the Kennedy Center in Quincy beginning Thursday, Jan. 5, from 5 - 7 p.m.

This program is for those living with or caring for someone with chronic health conditions such as, but not limited to, high blood pressure and prediabetes, to learn skills to prevent, manage and cope with the diseases and improve communications with providers. My Life, My Health is a Chronic Disease Self - Management Program developed by Stanford University Medical Center.

Registration is required since space is limited. To register call (617) 376-1506.

Elvis Tribute At Kennedy Center

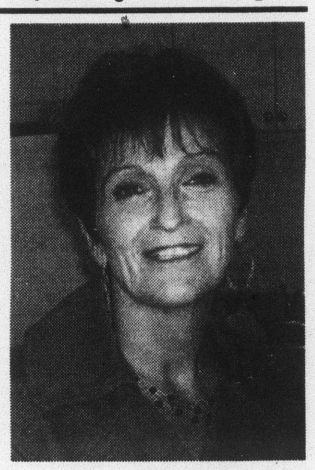
Elvis impersonator Mark Stanzler will be at the Kennedy Center Tuesday, Jan. 17th at 1:30 p.m. to perform a number of the King's greatest hits.

Stanzler has performed his Elvis Tribute show all over New England for the past 10 years and is considered one of the best.

Tickets are required for this event and are available at the Kennedy Center, 440 East Squantum St., Quincy. Suggested donation is $7. For more information, call (617) 376-1506.

Chronic Fatigue Syndrome: Signs, Factors

A Message From The Quincy Health Department



RUTH JONES

By RUTH JONES
BSN, RN, BC, CP-FS

Chronic fatigue syndrome (CFS) is a complex disorder characterized by extreme fatigue that can't be explained by any underlying medical condition. The fatigue may be aggravated by physical or mental activity, and doesn't improve with rest.

Chronic fatigue syndrome is also known as myalgic encephalomyelitis and, more recently, systemic exertion intolerance disease although both share the same chief symptom of chronic fatigue, there is variation between the definitions of these disorders. The symptom of chronic fatigue also may result from more than one underlying condition.

The cause of chronic fatigue syndrome is unknown, although there are many presumptions ranging from viral infections to psychological stress. Some authorities feel that chronic fatigue syndrome might be triggered by a combination of factors.

There's no solitary test to validate a diagnosis of chronic fatigue syndrome. It may be necessary to conduct a variety of medical tests to rule out other health problems that have comparable symptoms. The emphasis on treatment for chronic fatigue syndrome is relief of symptoms.

Chronic fatigue syndrome has eight official signs and symptoms, plus the fatigue:

- Loss of memory or concentration
- Sore throat
- Enlarged lymph nodes in your neck or armpits
- Unexplained muscle pain
- Pain that moves from one joint to another without swelling or redness
- Headache of a new type, pattern or severity
- Unrefreshing sleep
- Extreme exhaustion lasting more than 24 hours after physical or mental exercise

Fatigue can be an indicator of many illnesses, such as infections or psychological disorders. In general, see your doctor if you have persistent or excessive fatigue.

Scientists are not sure exactly what causes chronic fatigue syndrome. It may be a combination of factors that affect people who have a predisposition for the disorder.

Some of the factors that have been studied include:

- Viral infections.
- Immune system problems.
- Hormonal imbalances.

Factors that may increase your risk of chronic fatigue syndrome include:

- Age. It most commonly affects people in their 40s and 50s.
- Sex. Women are diagnosed with chronic fatigue syndrome much more often than men, but it may be that women are simply more likely to report their symptoms to a doctor.
- Stress

Possible complications of chronic fatigue syndrome include:

- Depression
- Social isolation
- Lifestyle restrictions
- Increased work absences

Because the symptoms of chronic fatigue syndrome can mimic so many other health problems, you may need patience while waiting for a diagnosis. Your healthcare provider must rule out a number of other illnesses before diagnosing chronic fatigue syndrome. These may include:

- Sleep disorders. A sleep study can establish if your rest is being disturbed by disorders such as obstructive sleep apnea, restless legs syndrome or insomnia.
- Medical problems. Fatigue is a common symptom in several medical conditions, such as anemia, diabetes and hypothyroidism.
- Mental health issues. Fatigue is also a symptom of a variety of mental health problems, such as depression, anxiety, bipolar disorder and schizophrenia.

To meet the diagnostic criteria of chronic fatigue syndrome, or myalgic encephalomyelitis, you must have unexplained, persistent fatigue for six months or more, in conjunction with at least four of the following signs and symptoms:

- Loss of memory or concentration
- Sore throat
- Enlarged lymph nodes in your neck or armpits
- Unexplained muscle pain
- Pain that moves from one joint to another without swelling or redness
- Headache of a new type, pattern or severity
- Unrefreshing sleep
- Extreme exhaustion lasting more than 24 hours after physical or mental exercise

In contrast, for a diagnosis of systemic exertion intolerance disease, you must suffer from the following three symptoms:

- Unexplained, persistent fatigue
- Extreme exhaustion lasting more than 24 hours after physical or mental exercise
- Unrefreshing sleep

And at least one of these two symptoms:

- Cognitive impairment
- Dizziness and lightheadedness

Since chronic fatigue syndrome affects people in various ways, treatment will be tailored to a person's specific group of symptoms. Symptom relief may consist of certain medications such as antidepressants and sleeping pills.

Though a cure for chronic fatigue syndrome remains a mystery, and the most valuable treatment for remains uncertain, there's evidence that a multiple approach consisting of graded exercise and pacing yourself and psychological counseling, appears to be effective.

A physical therapist can assist in determining what types of exercise are best. Inactive people often commence with range-of-motion and stretching exercises for just a few minutes daily. Slow, incremental increases in activity then occur over weeks to months. If the patient experiences exhaustion the next day, they are doing too much. Strength and endurance will improve as they gradually increase the intensity of their exercise over time.

For chronic fatigue syndrome, certain self-care measures may help:

- Reduce stress. Develop a strategy to avoid or limit overexertion and emotional stress. Allow time each day for relaxation. Learn to say no.
- Improve sleep habits. Go to bed and rise at the same time each day. Limit daytime napping and avoid caffeine, alcohol and nicotine.
- Pace yourself. Keep your activity on a uniform level. If you overdue it on your good days, you may encompass more bad days.

Numerous alternative therapies have been advocated for chronic fatigue syndrome. Determining if these therapies actually work can be a difficult task, partly because the symptoms of chronic fatigue syndrome often are correlated to mood and can vary from day to day.

Pain associated with chronic fatigue syndrome may be relieved by:

- Acupuncture
- Massage
- Yoga or tai chi

The experience of chronic fatigue syndrome can be quite unique from person to person. For countless people, however, the symptoms are more annoying early in the course of the disease and then progressively lessens. Emotional support and counseling may help patients and families deal with the uncertainties and limitations of chronic fatigue syndrome.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

Got A Health Question? Ask Ruth

Do you have a health topic or question for the city's director of nursing?

Send your suggestion and questions to Ruth Jones, director of Nursing for the Quincy Health Department. She may use your topic or question in an upcoming column.

Email suggestions and questions to Ruth Jones at rjones@quincyma.gov.

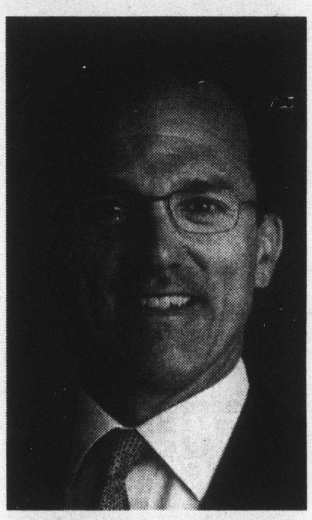
Richard Fernandez President, CEO BID Hospital-Milton

Richard Fernandez – a health care executive with more than 20 years of experience across community hospitals, large physician groups, health care systems and academic medical centers – has been named president and chief executive officer of Beth Israel Deaconess Hospital-Milton (BID-Milton).

He will join BID-Milton Jan. 30.

Fernandez currently serves as senior vice president of Ambulatory Services for Brigham and Women's Health Care, where he is responsible for the strategy, operations and financial performance of the ambulatory services program. He was previously senior vice president and chief operating officer at Steward Medical Group, where he was responsible for the strategic direction and management of the hospital-employed physician groups and management service organization.

"We're delighted to have Rich join Beth Israel Deaconess Hospital-Milton as our new president and CEO," said Michael Brady, chairman of the hospital's Board of Directors. "He brings a breadth and depth of executive management and operating experience that will serve the hospital and our community well. Rich is a proven leader who will help us continue the strong progress we have made over the last several years."



RICHARD FERNANDEZ

"Our community hospitals are vital to Beth Israel Deaconess' commitment to providing extraordinary patient care close to home," said Kevin Tabb, MD, president and CEO of Beth Israel Deaconess Medical Center. "In Rich, we know we will have an experienced leader who will be keenly focused on BID-Milton as well as its pivotal role in our larger system, one that keeps care in the community whenever possible and offers streamlined access to specialists at our downtown medical center for patients who need it. We're very pleased to welcome Rich to the Beth Israel Deaconess family."

Fernandez lives in Needham with his family and serves on the Little League baseball Board of Directors.

Fernandez replaces Peter Healy who left BID-Milton at the end of the year to assume the newly created position of president of Beth Israel Deaconess Medical Center. During Healy's tenure, BID-Milton was one of the fastest growing community hospitals in the state, and earned national recognition for health care quality and patient safety. It added almost two dozen new specialist physicians to its medical staff and recorded positive financial results five years in a row.

"Pete did a fantastic job as President and CEO of BID-Milton, driving the hospital's growth and leading the integration efforts with Beth Israel Deaconess Medical Center," Brady added. "Pete's leadership, his ability to attract top management talent and his personal connection to the communities the hospital serves means that his impact will be felt long after his tenure at Milton ends."

Michael Conklin, the vice president of Finance and chief financial officer for the hospital, will serve as interim president and CEO during the month of January.

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BAKER, BRAVERMAN & BARBADORO, P.C., a law firm located in Quincy, participated in the Interfaith Social Services' Giving Tree. BB&B firm members pictured include (kneeling in front left to right) Liz Caruso, Esq. and Lisa Kenepp; and (standing in the back L-R): Kim Kroha, Esq., Christine LaRose, Kelley Condon, Lisa Bond, Esq., Larry DiNardo, Esq., Ana Gomez, Gary Hogan, Esq., and Amy Morin.

Photo Courtesy Baker, Braverman & Barbadoro, P.C.

Quincy Law Firm Helps Giving Tree

Members of the Law Firm of Baker, Braverman & Barbadoro, P.C, participated in a Giving Tree through Interfaith Social Services in Quincy, as this year's charity for the firm's annual Holiday Giving. Through this program, individual members of the firm bought gifts for 18 children to make their Christmas a little brighter.

Through this program, IFSS provided BB&B with 18 children's names, ages and the particular wish that each one has for a gift. Then each participant at Baker, Braverman and Barbadoro selected a child for whom to buy a gift, and took all of the gifts to the IFSS for wrapping and delivery to the child.

"What I love best about selecting a child to buy gifts for The Giving Tree project, is knowing that I am helping keep the spirit of Christmas alive for a little kid who might not otherwise have anything for Christmas," said BBB Paralegal Christine LaRose. "By making it part of our firm's commitment to help in the community, my gift becomes part of many more gifts for many more children."

Steward Health Care Selected For Accountable Care Pilot Program

Steward Health Care System (Steward), parent company of Carney Hospital, has been selected as one of six Accountable Care Organizations (ACOs) in Massachusetts to participate in MassHealth's Pilot Medicaid ACO program.

Steward has been a national leader in promoting the accountable care model, demonstrating improved patient outcomes and helping to contain cost increases, including through its participation in the groundbreaking Medicare Pioneer ACO.

"Steward's selection to participate in MassHealth's Pilot Medicaid ACO program serves as a validation of the successful, integrated ACO model we have implemented throughout the Steward network," said Mark Girard, MD, MBA, president of Steward Health Care Network. "We are thrilled to be included in MassHealth's Pilot and we are excited for the opportunity to help expand and refine this innovative model moving forward."

Through this pilot, Steward aims to increase care management and care coordination for Medicaid patients. Providers will be rewarded for high-quality, cost-efficient care.

"We are pleased to partner with Steward on this innovative pilot program to better serve our patients by offering the highest quality, integrated and coordinated care," said Cynthia Sierra, chief executive officer of Manet Community Health Center, which has five sites participating with Steward in the MassHealth Pilot program.

"The importance of integrating community-based expertise into delivering health care cannot be overstated, and we look forward to working together to find new and inventive ways to improve and to maintain health outcomes and address social determinants of health," Sierra added.

Dr. Robert Chirlin, a pediatrician at Children's Health Care in Newburyport that is also participating with Steward in the MassHealth ACO Pilot, described the Medicaid initiative as "finally offering an opportunity for practices to align care for Medicaid patients with the accountable care approach other payers have championed for several years."

The Pilot program will serve eligible MassHealth members enrolled in its Primary Care Clinician (PCC) plan, which includes approximately 30,000 Steward patients across 10 community health center locations and nearly 140 private physician practice sites affiliated with the Steward Health Care Network and in the communities served by Steward's Hospital Group– Saint Anne's Hospital in Fall River, St. Elizabeth's Medical Center in Brighton, Norwood Hospital, Carney Hospital in Dorchester, Good Samaritan Medical Center in Brockton, Nashoba Valley Medical Center in Ayer, Holy Family Hospital in Haverhill and Methuen, Morton Hospital in Taunton, and New England Sinai Hospital in Stoughton.

MassHealth will evaluate the implementation across the six ACOs, which will inform its anticipated larger-scale ACO implementation in 2017.

Steward's nationally recognized care model has achieved dramatic quality and cost containment successes in the communities it serves. Participation in the MassHealth pilot will allow Steward to care for an even larger patient population under its value-based model.

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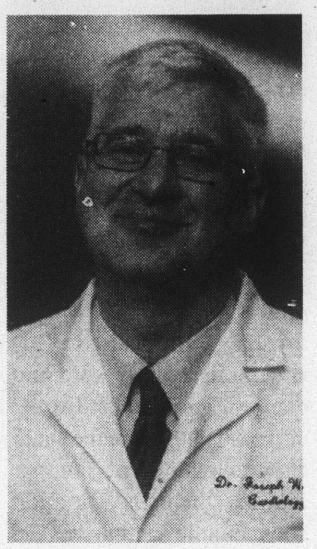
Dr. Joseph Weinsten Chief Medical Officer Steward Health Care

The Steward Health Care System and Carney Hospital have announced that Dr. Joseph Weinstein is Steward's new system-wide Chief Medical Officer.

Dr. Weinstein, a cardiologist, has been a practicing physician for nearly three decades. Steward's first Chief Medical Officer Justine Carr recently retired, leaving a legacy of improvements at Carney Hospital that have benefitted Boston area families. Dr. Weinstein expressed his commitment to continuing this progress.



DR. JOSEPH WEINSTEIN

"During her tenure, Dr. Carr helped Carney Hospital achieve the highest caliber of health care and I am honored to follow in her footsteps by continuing this work for the community," said Dr. Weinstein. "I look forward to building upon her exceptional track record by continuing to strengthen the exceptional patient care and patient services currently available at Carney."

As the chief medical officer overseeing all medical practices, Dr. Weinstein will be focused on ensuring best-in-class outcomes and experiences for patients, improving behavioral health access and quality, and leveraging technology to better serve patients and the community.

Previously, Dr. Weinstein has served as the chairman of Internal Medicine and as vice president of Medical Affairs at Good Samaritan Medical Center. He was the vice president of Medical Affairs at Carney Hospital in 2015 and 2016.

"My vision for the future of high-quality healthcare at Carney Hospital is informed by the perspective I have developed over my thirty years of experience with patients," said Dr. Weinstein. "I am excited to bring help ensure a bright future and quality care for patients across the Steward Health Care System, including at Carney."

"We are thrilled by the appointment of Dr. Weinstein as system-wide Chief Medical Officer," said Walter J. Ramos, J.D., president of Carney Hospital. "Dr. Weinstein is an exceptional choice and patients will benefit greatly from his contributions both locally and across the entire Steward system."

"I am looking forward to working with Dr. Weinstein in this role as the system-wide Chief Medical Officer for Steward," said Lawrence Hotes, interim chief medical officer of Carney Hospital. "We've made great strides in recent years and we know that will continue to do so with his leadership."

With coordinated care along the entire continuum and a multidisciplinary, team-based approach to providing healthcare, Steward has come to be a leading innovator and provider network in New England.

ELEMENTARY LUNCH MENU

Monday, Jan. 9
WG Round Personal Cheese Pizza, Carrot Snack Packs, Apple Slices.

Tuesday, Jan. 10
Early Release Day—
NO LUNCH SERVICE

Wednesday, Jan. 11
NEW! Diced Smoked Turkey Macaroni & Cheese, Sweet Yellow Corn, Applesauce.

Thursday, Jan. 12
NEW! Cold BBQ Diced Chicken & Ranch on a Jr. Sub, Side Garden Salad, Mixed Fruit.

Friday, Jan. 13
Chicken Patty on a WW Bun, Oven Baked Fries, Green Beans, Mixed Fruit.

SECONDARY LUNCH MENU

Monday, Jan. 9
WW Stuff Crust Pizza, Greek Salad w/ Feta cheese, Mixed Fruit.

Tuesday, Jan. 10
BRUNCH FOR LUNCH
Egg Mc-Muffin! Egg, Turkey Ham & American Cheese on a WW English Muffin, Steamed Green Beans, Mixed Fruit.

Wednesday, Jan. 11
Bone In Teriyaki Chicken over a Bed of Brown Rice w/ Roasted Carrots, Mixed Fruit.

Thursday, Jan. 12
Wings of Fire, oven Baked Fries, Sweet Yellow Corn, WW Dinner Roll, Mixed Fruit.

Friday, Jan. 13
NEW! Grilled Chicken Flatbread Pizza, Three Bean Salad, Mixed Fruit.

Koch To Give 'State Of City' Address Jan. 31

Cont'd From Page 1

trash and recyclables are disposed; and the hiring of new firefighters and police officers.

This "state of the city" address" will be the first time a mayor has addressed citizens and elected officials one year into a four-year term. Prior to the adoption of the four-year term, mayors' addresses were considered "mid-terms" at the mid-point of a two-year term. As such, Koch said his speech Jan. 31 would differ in tone from an inaugural or midterm address.

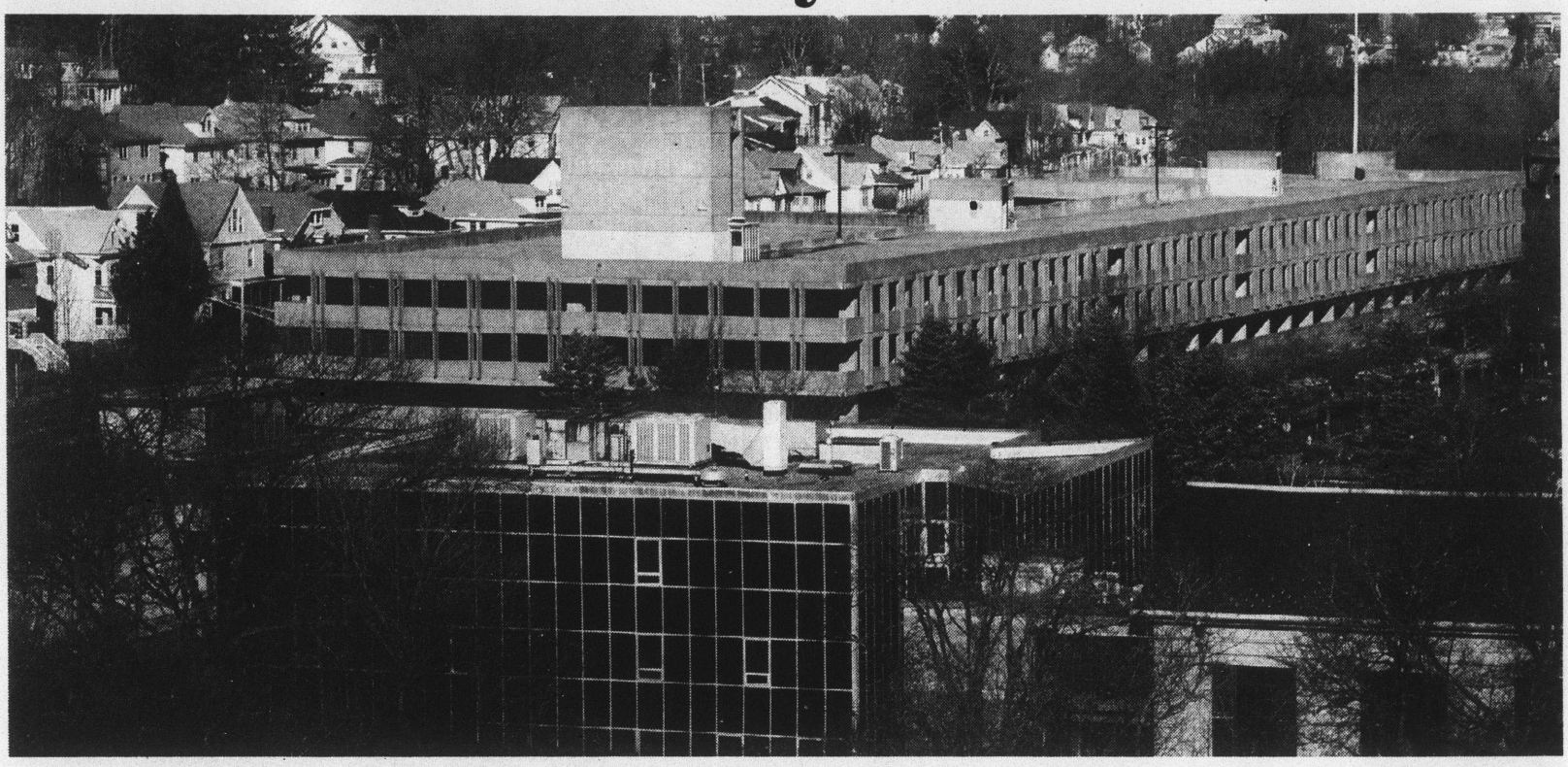
"My sense is where it is a state of the city – it's not an inaugural, it's not a midterm – it will be more nuts and bolts," Koch said. "We will be talking about the state of the city financially, looking at our departments, and talking about some of the successes and some of the challenges going forward."

While the speech itself remains unwritten, Koch ruled out making any major announcements or proclaiming any new policy initiatives.

"We're going to keep it basic," he said. "Honestly, I haven't really thought about it other than I want it to be kind of nuts and bolts."

The desire to keep it more basic and focus on the nuts and bolts, Koch explained, is partially because of concerns regarding rising property taxes – residential bills will go up on average $357 in 2017 – expressed by members of the City Council.

"In my sense there is clearly a bit of a sense from council getting concerned about tax increases and the rate of tax increases – though when you measure it with other communities, we're in the middle of the mix across the commonwealth. We're not high. We're not low. We're right in the middle," Koch said.



QUINCY CENTER MBTA station garage – visible in the background behind the glass City Hall annex building (left foreground) – is slated for demolition this year, Mayor Thomas Koch said; the state is picking up the tab, estimated at up to $20 million, to do so. The city plans to rebuild the station, including a new parking garage and a mixed-use development that could include residential, hotel, commercial and educational space. Koch anticipates a request for proposals for the site will be released by the end of January. The present garage opened in 1971 and has remained closed since 2012. *Quincy Sun File Photo/Robert Bosworth*

"We're not taxing nearly what we could under [Proposition] 2 1/2, but that argument doesn't necessarily fly with people generally. They only look at their bill from last year to the next year."

Part of the increase, Koch said, is because residential growth has outpaced commercial growth in the city over the last several years. The mayor believes that trend could come to an end soon, benefiting residential taxpayers.

"We've seen an incredible resurgence in property values that have driven values in the residential side pretty heavy in the last couple years, which plays a factor in it. With the commercial not growing at the same rate, it obviously causes an imbalance and residential picks up more of the shift. Before we even raise a dollar for the budget, that shift is already occurring," Koch said.

"That's a challenge and we'll probably talk a little bit about that going forward, but my sense is that's kind of leveling off. We won't see that wacky increase again the next couple of years. I think it's moderating as we speak – that's probably a good thing."

The 870-car garage at the Quincy Center MBTA station has sat vacant since July 2012, when state officials shuttered the facility without warning because of concerns over its structural integrity. The city has since led the effort to redevelop the site – including a new garage – and will release a request for proposals (RFP) for the project in the coming weeks.

The mayor has met with state officials, including Transportation Secretary Stephanie Pollack, to discuss the future of the garage. He said the state is committed to paying for demolition costs, and could raze the structure this year.

"We've had good meetings with state officials, including the secretary of transportation, and they are dealing with it. I expect sometime in calendar '17 that the garage will come down, which helps with the RFP," Koch said.

"By taking the garage out of the picture, it simplifies the process for the RFP for developers. That's probably going to be anywhere from $13 to $20 million to take that garage down. If you put that on the developer that takes away from the quality of the project you could put into it, because you're starting with a big nut right up front. That to me is going to be a good thing in the long term."

Koch expects to release the request for proposals by the end of January. The city would then work with the chosen developer and MBTA on the design and permitting process for the new facility.

The City Council would need to approve the development over the air rights at the station in Quincy Center, like it did last month for a proposed mixed-use development at the North Quincy station.

Koch anticipates a mixed-use development on site at the Quincy Center station.

"It could be residential. It could be hotel. It could be commercial with office. It could be education – Quincy College. It could be a number of potential uses," he said.

"The MBTA doesn't have any strong feeling about the use. They want parking back; part of the redevelopment will be the reconstruction of a new garage, which will serve the station and serve the new development. The T's interest is their facility and their parking needs. They're not so much as interested in what the final architecture or use will be as long as their Quincy Center station is operating and not interfered with. Of

Cont'd On Page 13

22 Locations

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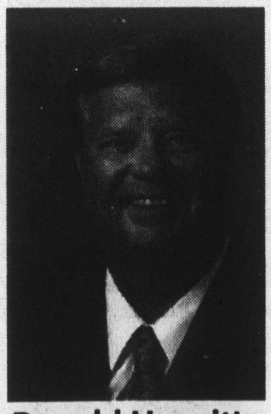

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573 On Central Middle School First Term Honor Roll

Five hundred seventy-three students at Central Middle School made the first term honor roll.

They are:

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Mackenzie L. Canty, Kelly Chan, Sabrina Chan, Duksing Chau, Ryan K. Chau, Benson Chen, Dennis Chen, Janet Chen, Jiecy Chen, Michelle Y. Chen, Timothy S. Chen, Benjamin D. Chin, Kasey Chow, Alex Chui, Charles T. Clifford, Charles D. Codner, Michael J. Collins, Robert D. Conboy Murphy, William P. Cook, Patrick J. Cullinane.

Steve Dalla, Marlana J. Davis, Hannah M. Demore, Joseph L. Dinh, Dillon H. Donahue, Robert F. Donovan, Haley M. Drinkwater, Kylie S. Driscoll, Victoria Duong, Eileen K. Durgin, Patrick D. Elliot, Ted G. Eng, Emily L. Fitzpatrick, Kylee M. Flemming, Gabriella A. Franceschini, Liana Gao, Bridget M. Gardiner, Marsha S. Germain, Ryleigh G. Gilmartin.

Jaden B. Hallisey, Isabella E. Hanley, Manar H. Hassan, Emilia A. Henry, Victoria L. Hill, Kyla C. Ho, Fallon G. Hobin, Oceana Huang, Charlotte A. Hughes, Michelle Huynh, Thuan M. Huynh, Thuy N. Huynh, Angela K. Jee, Joseph P. Johnson, Aaradhana Joshi, Matthew C. Kelly, Madison R. Kubera.

Jose Maria Gabriel L. Las, William J. Lau, Shawn Lee, Matthew T. Leonard, Jenny Li, Lawrence Li, Michelle Li, Ryan Li, Thomas P. Li, Vicky Li, Wei Cheng Liang, Selina Lin, Xing Yu Lin, Youliang Liu, Isabella C. Lombardi, Ying L. Loo, Tengda N. Louie, Amy F. Ly, Emma P. Lyons.

Kelly D. Ma, Dongrong Mai, Horace H. Mai, Sarah E. McDonald, James R. McGillicuddy, Julia C. McGillicuddy, Ava M. Meaney, Nicole Y. Mei, Amy L. Melchin, Mikala Moy, Hannah E. Murphy, Niamh E. Mwafulirwa, Jack M. Nelson, Steven H. Nguyen, Rayne M. O'Gara-Pratt, Emma J. O'Neil, Conor R. Ollmann, Kaci M. Pettigrew-Lynch, Joyce A. Ramos.

Lily G. Scola, Rebekah J. Shields, Blake A. Smith, Fiona G. Smith, Lena M. Solimini, Samuel D. Stone, Cindy A. Su, Ryan D. Tapper, Danny T. Tran, Julia N. Tran, Quangvinh N. Tran, Eileen K. Trenholm, Standy Truong, Dayana M. Ukraine, Kylie A. Wright, Jenny J. Yang, Michael A. Yu, Gregory Zeng, Michael Zhang, Sonny Zhang, Marsha Zheng, Menglin Zheng, Ryan N. Zheng, Sophia Zheng, Jessica L. Zisk, Alvis R. Zou.

Grade 7: Charles K. Affleck, Melissa A. Ainsley, Noel Jose G. Alvero, Carly S. Amendolare, Maurice R. Ampane, Alex Andoni, Brandon C. Baker, Fiona Berberi, Jonathan E. Bina, Julia T. Bo, Kathleen J. Bowden, Dorothy S. Brown, Jennie A. Burgess, Anna B. Cahill, Sandy M. Cai, Caroline C. Cavicchi, Adelin K. Chan, Katelyn K. Chan, Flora Chen, Kevin Chen, Michelle X. Chen, Nicholas J. Chen, Serena H. Chen, Sho Chen, Song Yu Chen, Cheuk Yin Cho, Michael A. Colantonio.

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Lily M. Hart, Lindsey A. Hatfield, Alivea A. Healy, Grace M. Hickey, Colin J. Hingston, Xiaoyan N. Huang, Dallas R. Hudgins IV, Antenella T. Ibrahim, Upasana Joshi, Natalia A. Kepczynski, Nicholas C. Ladas, Kevin V. Le, Angelina L. Lee, Frank X. Lee, Trista J. Lee, Joe H. Lei, Sabrina Leung, Jaden S. Liang, Ada Lin, Jeffrey Lin, Shelly Lin, Wilson Lin, Ting Shing Liu, Annie Q. Lu, Yuanxin N. Lu.

Maggie C. Ma, Megan L. Mann, Madeline A. Mayo, Sophie T. Mayo, Shay P. Meaney, Benny Mei, Matthew J. Miranda, Colleen M. Moran, Rebecca L. Morris, Quinn R. Murphy, Thomas B. Murray, Nandan S. Nair, Jim V. Nguyen, Liem C. Nguyen, Gabriel L. O'Brien, Riley P. O'Connell, Olivia T. Pham, Samarth Prashanth, Zoe O. Rakarich, Jordan D. Reilly, Dylan H. Rizzo, Elise V. Roche, Coleman J. Ross, Megan M. Ross.

Olivia T. Santangelo, Michael A. Schinazi, Karthik N. Shankar, Teresa N. Sheedy, Sarah Shishko, Ananya A. Singh, Oliver C. Smith, Benjamin F. Snyder, Alexander D. Tran, Tan Dat L. Tran, Amy L. Truong, Shayla N. Truong, Jada K. Tu, Martin Vo, Athina Vrapi, Grace Y. Xu, Ivan C. Yang, Songen Yu, Yongmei Yu, Zhi Ming Zeng, Gina Zheng, Ivan Zheng, Jilin N. Zheng, Selina X. Zheng, Tiger Y. Zhu, Elena T. Zlatanova, Jenny Zou, Sarah N. Zyba.

Grade 6: Jouri W. Alsadeq, Matthew T. Bartkus, Madeline C. Barzya, Joseph C. Bates, Caroline E. Bertrand, Anya M. Brenner, Elleana L. Bush, Nathan C. Caldwell, Jack S. Cavicchi, Candace Chan, Yuet Tung Chan, Amin Charepoo, Arnold H. Chen, Brian Chen, Helen Chen, Jessica K. Chen, Vanessa Z. Chen, Yu Qiu Chen, Ava M. Coffey, Charles H. Coffey, Caitlin M. Cormican, Katelyn E. Craig, Norah R. Cronin.

Dominique T. Dang, Nathan J. Davis, Benjamin T. Dawe, Julian J. De Jesus, Catharine J. Demopoulos, Mary A. Doherty, Abigail R. Dunn, Kristen Duong, Anthony J. Enos, Nicholas G. Fontaine, Vivian W. Fu, Ava Q. Garcia, Julia L. Gillespie, Ciaran M. Golden, Kaitlyn A. Gough, Tristan Guan.

Jonan J. Hamilton, Huy Q. Ho, Wei Yu N. Huang, Nicholas J. Hughes, Angelina S. Jewell, Katie Jiang, Kendall M. Kazmouski, Brianna C. Keddy, Ava B. Knops, Arnav Kumar, Michaela Y. Lam, Sonny Le, Eric W. Li, Jason W. Li, Emily Lin, Keyi Lin, Eileen Liu, Precious Gabrielle J. Llaga, Amy Q. Lu, Michelle C. Ma, John Thomas M. Malvesti, Sam N. McNulty, William K. McCoy III, Yu Fan Mei, Bharat Kiran Reddy N. Mekala, Melanie Moy, Keira G. Murphy, Catherine G. Murray.

Mollie J. Nelson, Abigail Newton, Isaac Ng, Anthony Nguyen, Christiana P. Nguyen, Dante T. Nguyen, Danielle N. O'Brien, Thomas P. O'Neill, Amanda L. O'Neill, John C. Petrongolo, Kiet B. Phu, John R. Pickering, Madeline E. Power, Margaret E. Power, Dheeraj Aravind Prakash Viswanath, William P. Rafti, Victoria N. Rak, Brandon J. Riley, Liam J. Rogers, Peter J. Romeo.

Marybeth M. Smith, Max A. Spendlove, Alexander L. Stankov, Jinglin N. Tan, Sabrina N. Teng, Trinity N. Tran, Kaitlyn T. Vu, Sumayya Wafapoor, Stella J. Wong, Josie J. Wu, Sophia Xie, Christina Xu, Ray L. Zheng, Elaina R. Zou.

HONORS

Grade 8: Neddy C. Andre, Daniel M. Artinian, Patrick R. Bates, John R. Bell, Jeffrey J. Burke, Di N. Chen, Ryan P. Chetwynd, Renee S. Clermont, Christopher J. Comlin, Alexander K. Demeritt, Colleen B. Flynn, Matthew D. Francoeur, Salvatore G. Garcia, Declan P. Geary, Nicholas M. Govostes, Ashley R. Grehan, Brian J. Gutro, Gent A. Haviari, Qilin Huang, Steven Y. Huang, Samuel C. Hurley.

Robert J. Jaehnig, Liane N. Le, Jason Y. Li, Tina Lin, Christopher Joshua A. Llaga, Marco C. Ma, Charles J. Maher, Calvin Mai, Jamal X. Maximilien, Vanessa M. Mazzini, Connor X. Mui, Amy Nguyen, Courtney E. O'Brien, Adam P. O'Neill, Michael W. Orla, Khoa Ngoc Pham, Ryan P. Phelan, Luis A. Ramos, Alyssa M. Ryan.

Jasmine M. Santos Fragoso, Daniel A. Scolaro, Samantha E. Smith, Lingkai N. Sun, Xinyue N. Sun, Shirley L. Tang, Landon K. Thong, Kevin O. Toler, Diana Truong, Casimir Valencius, Dan D. Vu, Tiffany Vu, Yuyang N. Wei, Richard Xie, Helen J. Yan, Abby R. Yanovitch, Vincent Z. Zheng.

Grade 7: Jizelle M. Bellotti, James F. Bradley, Dallas M. Burnes, Nia M. Cahill, Carmela R. Canavan, Cheuk Yin N. Xhan, Justin Z. Chan, Natalie Chan, Chonghao Chen, Jack E. Collins, Clayton H. Corley, Matthew R. Craig, Liam B. Crampton, Tony G. Eng, Gracie L. Falletti, Simon C. Ford, Elle-Teresa O. Frechette.

Niamh S. Gallen, Colm J. Geary, Brendan M. Glynn, Alexander Z. Gu, Ronan J. Healy, Molly J. Hendry, Adam S. Huang, Xing Hao Huang, Kyle M. Jacobs, Leslie W. Kahugo, Charles D. Kelson, Sai C. Kuchulakanti, Hsuan Yu Lin, Benson Liu, Rihui N. Lu, Huy K. Luong, Lawrence M. Ly. Hunter A. Mac Isaac, William J. MacDonald, Minghao N. Mai, Adam J. Maier, Adam D. Manter, Patrick W. McDonald, Keighley E. McLaughlin, Kayla R. McNelley, Kevin J. Mei, Cameron B. Melchin, Dylan H. Mui, Laila L. Mullgrave.

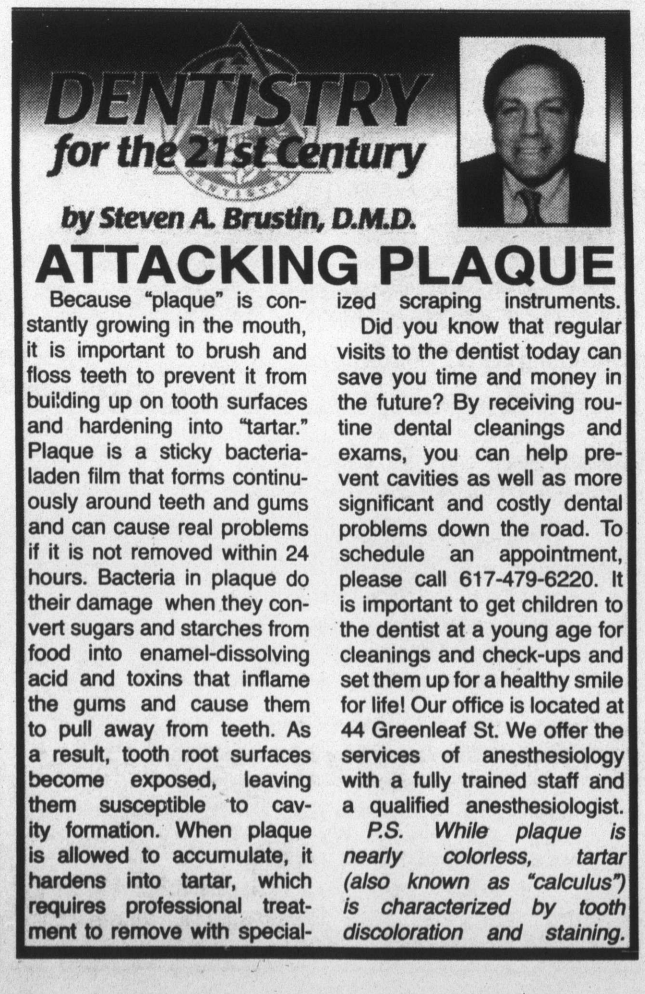
Henry D. Neil, Michael P. Nellaney, Max S. Nixon, Shea M. Pascarelli, Phoenix J. Petrucci, Luke J. Pierron, Kailey J. Ross, Gerelle L. San Jose, Mia F. Scott, Johnson L. Sloane, Tari-Anna L. Thomas-Smoot, Elisa N. Van Djik, Lana E. Vangorder, Ming Wei wang, Aiden T. Zeng, Bonnie N. Zeng, Nicole Zhang, Steven W. Zhou, Xuqiu Zhu.

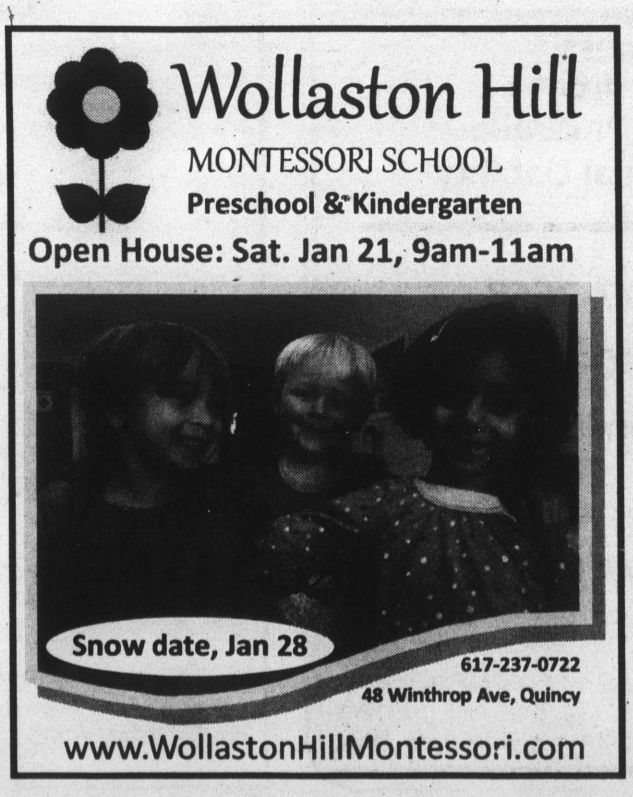
Grade 6: Marta L. Aguiar-Perello, Dilan S. Arda, Ryan J. Beardsley, Kaya R. Bianculli, Kevin M. Blido, Jesse S. Bollinger, Sean T. Burns, Liam P. Callard, Gregory P. Campbell, Edison Chan, Dina N. Che, Calvin Chen, Jennifer Chen, Justin J. Chen, Yumi Chen, Elizabeth R. Chetwynd, Ammar A. Chunda, Dylan J. Clifford, Liam M. Cody, Patrick J. Coleman Jr., Jamie L. Collins, Hailey A. Concannon, Oisiin D. Coogan-Coyne, Matthew R. Copp, Julianna M. Currie.

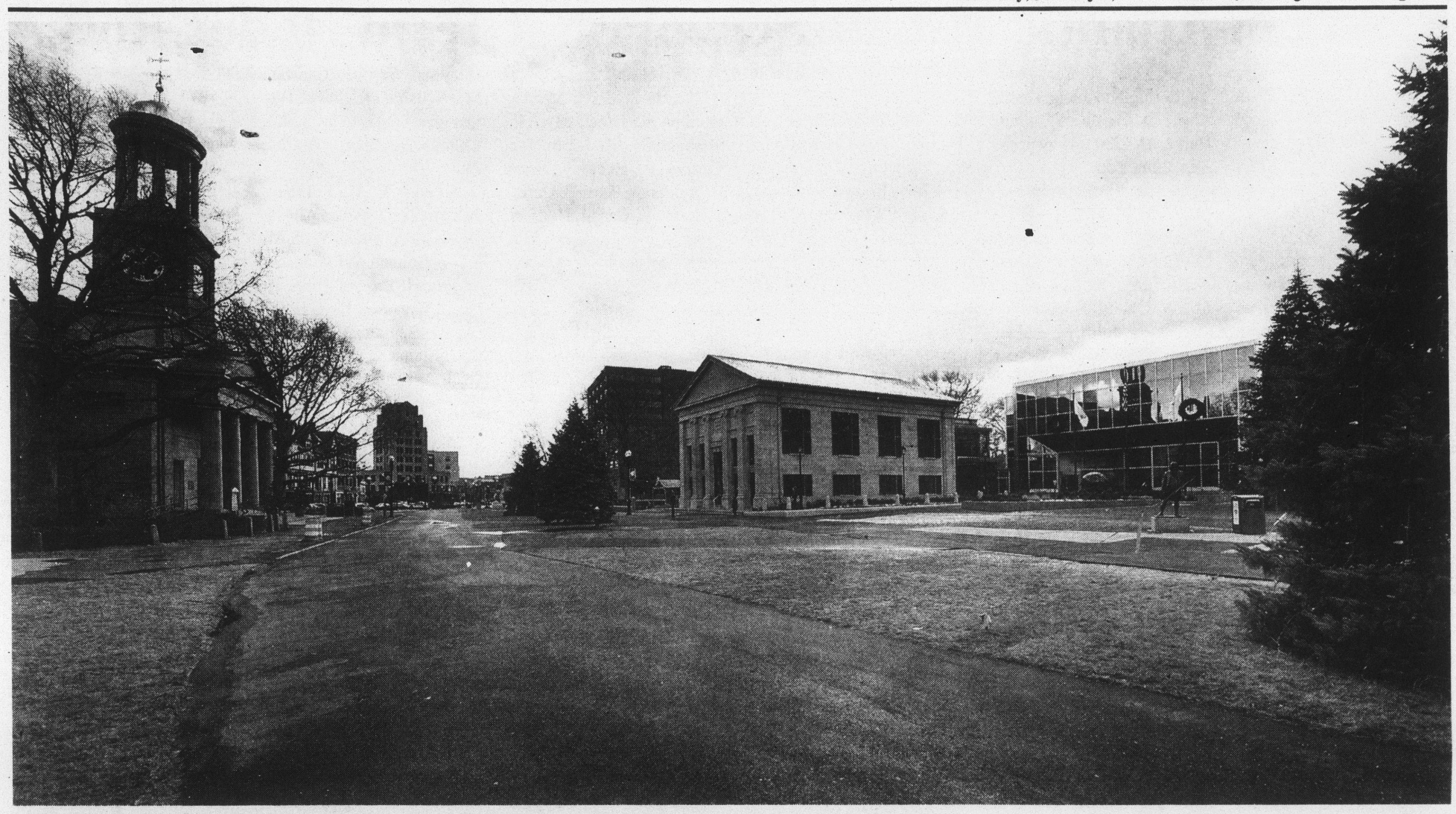
Juliana M. Di Blasi, Amber R. Doyle, Kevin Duong, Fatima Faiza, Declan J. Ferreira, Kofi K. Fordjour, Linda Gao, Robert L. Horsley, Xu N. Huang, Mia E. Irion, Gianna M. Jean-Louis, Noah B. Kearney, Emma R. Kinsley, Jackie N. Kuang, Sadie N. Lee, Annie N. Li, Jiawen N. Li, Andrew W. Lim, Ivan Lin, Jerry Lin, Serena Lin, Leo V. Lombardi, Grace M. Lukelo.

Klaudia Mance, Sivapriya Marimuthu, Jace S. Mauriello, Andrew L. Mazzini, Devin T. Nellaney, Ariel N. Nguyen, Ashlee Nguyen, Caey V. Nguyen, Diana T. Nguyen, Sophia Nguyen, Elizabeth G. O'Grady, Jake M. Ollmann, Kastriot L. Panariti, Khoa A. Pham, Theodore J. Porter, Talitha K. Predin, Cullen J. Quilty.

Jeffrey M. Reese, Curtis Ru, Mia L. Ryan, Janna Alexa Salbiba, Dean Schaaf, Colin S. Smith, Vasiliana Sota, Sam A. Spendlove, Nathan D. Stagg, Steven Tang, Jason Ton, Antonie D. Tran, Lily Tran, Samuel J. Traynor, Andy Truong, Hogan Truong, Andy Vu, Patrick J. Webber, Jason Y. Wen, William A. Wismar, Kevin K. Xu, Jonathan Carter V. Ying, Adam B. Zhao, Brandon Zhou, Rylee W. Zhuo.







CONSTRUCTION will start anew on the Hancock Adams Park in Quincy Center, which will connect the United First Parish Church (left) to City Hall (right), this spring. The temporary park and Christmas trees installed in November will be removed as work on the project begins. The next phase of the park project has an estimated $18 million price tag, which Mayor Thomas Koch said would be funded using federal or state money, or money from the city's hotel tax account, but not property tax receipts. The next phase of the park is set for completion in the spring of 2018.

Quincy Sun Photo/Robert Bosworth

Koch To Give 'State Of City' Address Jan. 31

Cont'd From Page 11

course, financially the get a gain out of it because they'll have a land lease out of it that pays them dollars. They can't lose no matter what use it is."

Koch said there is interest in the site, and expects a larger developer would be the one to take on the project because of the complexities involved.

"This is a complicated project. You're building a garage over a current, operating MBTA subway station. There are implications with how the electric feeds are done for the whole facility," the mayor said.

"This is a complicated process, so this would be more of a larger-size developers, whether it is a Cabot, Cabot and Forbes, for example, who did 0 Penn (now known as Deco). It's that caliber. It's not just your local guy."

Utility work needed to set the stage for construction of the new Hancock Adams Green – a public park linking the United First Parish Church with City Hall – commenced last year when the segment of Hancock Street between the two buildings closed.

The second phase of the project – construction of the new park itself in the area near those two buildings – is set for this spring.

"The last couple weeks I've had a couple two-hour meetings on finalizing the spec for the park to go out to bid," Koch said. "We view this as phase two – phase one being the underground stuff. This will be phase two, then there will be a third phase toward the T station.

"We purposely pulled that out because we know the T garage is going to be coming down and development is going to be happening at the T station. Until we finalize the plans for that, it doesn't make sense to do that phase of the park not knowing how it's going to interact with the station. I don't want to waste money and dig it up again."

"Phase two is going to be bid sometime in February," the mayor continued. "Bids will be open sometime in March. There are lead times on certain items, for example there are going to be a lot of granite elements – pavers and different types of things – that you have to order and it takes several months to get them. The finished product we won't see for several months yet, but you'll see construction happening again sometime in mid to late spring.

"There is still some underground work to do, but not a lot. Most of that has been done."

The new park will feature a promenade running north to south in front of the church along what was once Hancock Street. At either end of the promenade will be new statues of the men for whom the park is named – Founding Fathers John Adams and John Hancock.

"The promenade will be with pavers, curbing on each side, and there is going to be some beautiful mature trees that are going to line the whole promenade," Koch said. "At each end of the promenade, off centered, will be the statues. Adams at the north end. Hancock at the southern end closer to the Hancock Cemetery. There will be water elements and all the other pieces."

Also featured in the new park will be the Walk of Names – some 4,000 personalized bricks lining the walkway into City Hall, as well as the black granite gazing ball that was moved

Cont'd On Page 15

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363 On Atlantic Middle School First Term Honor Roll

Three hundred sixty-three students are listed on the Atlantic Middle School first term honor roll.

They are:

HIGH HONORS

Grade 8: Charlotte E. Airosus, Harris Altaf, Sebastian N. Banescu-Pryds, Lillian M. Burke, Phillip P. Byrne, Canfeng Chen, Ke Chen, Yan Ling Chen, Chloe B. Chin, Emma M. Devin, Thanh T. Do, Xiao J. Feng, Shariel Joy M. Fielder, Keandra C. Finn, Miguel E. Gonzales, Tiffany Huang, Subear J. Hussein.

Lindsey P. Keenan, Ronan P. Kelly, Mikayla G. Kennedy, Eric S. Lee, Christy W. Li, Kenny Li, Michelle Li, Sara Liang, Vicky J. Lin, Yutong Lin, Andy Y. Liu, Mary C. Loney, Lauren E. Manning, Maxberly Martinez, Lauren C. Medeiros, Cindy Y. Mei, Jiaqi Mei, Viktoria P. Miller, Joyce Q. Mo.

Brigid R. Norris, Tai A. Ong, Talha N. Qasim, Thomas W. Roche, Victoria M. Talarico, Steven Tan, Eliana K. Tran, Melanie N. Tran, Vanessa T. Tsang, Paris O. Vestal, Tammy Wang, Yasmin M. Warsame, Maeve A. White, Elaine M. Wong, Eric Wu, Jia J. Wu, Qi Q. Wu, Kelvin X. Xu, Zhichao N. Xu, Jacob K. Yee, Annie Yu, Zeling N. Zhang, Cecile Zhao, Michelle Y. Zhen, Harry H. Zheng, Marissa Zhu, Gina Zou.

Grade 7: Alexandra F. Abrahamovich, Christopher Chan, Fiena Chen, Jeffrey Chen, Nancy X. Chen, Rou N. Chen, Samantha K. Chen, Mia N. Cluett, Liana S. Dararaksmey, John M. Fehan, Taylor P. Ferolito, Yuxuan Guan, Jared P. Gaven, Phoebe Guan, Tina V. Hoang.

Bridget A. Keane, Charlotte E. Kelliher, Olivia Kosinski, Emily Kuang, Artur T. Kudaiarov, Moe Pwint P. Kyaw, Ada V. Lai, Quinn H. Lamotte, Jilaing N. Lin, Kevin Lin, Tammy Y. Lin, Yan Xin Lin, Kayla M. Lindsay, Ashley D. Lu, Francesca G. Magnarelli, Jonathan R. Manning Jr., Ashley B. Morash, Phuong V. Nghiem, Andrea N. Ngo.

Quinlan J. Perry, Olivia N. Pham, Nikki T. Phan, Michael A. Pollastretti, Myra N. Qasim, Isabel P. Scott, Melody Tai, Alexandra N. Talarico, Charlotte T. Trevisan, Jeffrey Wu, Meiying Wu, Nancy Zhang, Han Zheng, Ivan N. Zheng, Joyce Zhong, Jia Ye Zou.

Grade 6: Dylan S. Almeida, Brianna B. Alvarado, Daniel F. Alvarez, Jacquelyn C. Andrade, Lea R. Bergin, Kien T. Bui, Bridget A. Capone, Natalie Chan, Yvonne N. Chan, Adin M. Cheang, Donna Chen, Jingen N. Chen, Erica C. Cheung, Melanie J. Chretien, Abigail B. Coughlin, Joycelynn D. Diep, Diep N. Doan.

Maya E. Egan, Nicholas E. Enbar-Salo, Caitlin M. Feeney, Artiom Fernandez Correa, Matthew S. Fitzgerald, Ella M. Gates, Kayla C. Grippi, Hui Xian Guan, Kazuki M. Hedge, Van K. Hoang, Megan Huang, Ava E. Hunt, Elton D. Huynh, Graeme W. Johnston, Helen Ke, Niamh E. Kelly, Jennifer M. Lee, Kayla G. Lew, Jocelyn K. Li, Sahara Liang, Allyson A. Liu, Christine M. Loney, Alyssa L. Ly.

Cara Susanna L. MacDonald, Heidi Malushi, Molly A. McGovern, Grant T. Murphy, Khang D. Nguyen, Mitch J. O'Brien, Keiko E. Shafton, Zixian N. Situ, Jeffrey Z. Tam, Nicholas J. Tang, Zachary Taylor, Julia Tow, Ceana A. Tran, Jada Tran, Harry Wang, James Weng, Joseph K. Whooley, Kimberly Xiaohong N. Wu Deng, Emily Z. Wu, Isabelle Wu, Tammie A. Xu, Jocelyn A. Yee, Joey Yu, Emily Zeng, Jacky Zhao, Amy Zheng, Ivan N. Zou.

HONORS

Grade 8: Sriya M. Annambhotla, James M. Ash, Samantha M. Bouchie, Caitlyn R. Buckley, Brian B. Bui-Tran, Pearl E. Carey, Makayla L. Carini, Huan N. Chen, Kunhong Chen, Xiao Lei Chen, Narah C. Cohen, Anthony B. Coughlin, Kylie M. Davis, Jordan D. Della Barba, Peter Do, Tyler J. Downey, Cindy Duong.

Ava E. Fin, Cullen C. Flynn, Emma J. Ford, Yu Ting Gao, Klejt Gega, Maeve M. Griffin, Emmy J. Guan, Charbel R. Habchy, Emily A. Hardiman, Nicole M. Hartnett, Joseph M. Healy, Mya M. Holliday, Jimmy Q. Huang, Kevin Huynh, Olivia J. Keaney, Tyler Le, Jie Hong Li, Kevin Lin, Yuting Lin, Karina M. Luke, Andrew H. Luo.

Charles B. Marcheski, Shane M. McDougall, Rebecca A. Morrill, Jackson E. Murphy, Jade E. Murphy, Megi Mustafaraj, Ryan N. Naili, Nicholas T. Nguyen, Ciara R. O'Connor, Ruiye N. Ou, Lakhya T. Owens, Christian J. Perez, Katrina Pham, Molly R. Phinney, Sierra A. Rodridguz.

Seamus S. Trainor, Danny Tran, Elena M. Tran, Evan N. Truong, Steven M. Wallace, Bao Neng Wei, Baoying Weng, Caroline M. Wilson, Richard Wu, Qiangai Xi, Timothy S. Xu, Chuhua N. Zhang, Wei Jie Zhao, Christina Y. Zhen.

Grade 7: Gulisumuayi Aihemaiti, Jessica Aliosa, Deana L. Antunes, Yoon M. Aung, Emmett S. Bandzack, Sophia H. Barnes, Rean R. Beqo, Kiyan L. Bias, Kathryn E. Boylan, Jieheng N. Cao, Liam J. Carey, Crystal Chen, Vivian Chen, Brian M. Choi, Michael A. Conforti II, Mairead C. Curran, Martin Demo.

Shane M. Faherty, Jamar J. Finn, Daniel C. Freeman, Ethan K. Gao, Shayla M. Goba, Michael J. Gorman, Eric Y. Guan, Vanessa S. Guan, Stephanie J. Huang, Safiye S. Iskenderoglu, Kobe H. Khoung, Brian Lee, Rachel K. Lee, Zong Hai Li, Sebastian J. Liang, Tanisha C. Liang, Sherri Lin, Kitty S. Liu, Matthew K. Lowe, Victoria G. Mariano, Jamie A. McAleavey, Madison A. McGrath, Baileigh D. McMahon, Wumaier N. Musitapa, Kate T. Myers, Vincent Nguyen.

Caitlin T. O'Regan, Wilson Pham, Tyler G. Salfity, Qunonuw L. Scott, Kexin N. Shi, Kaylee A. Sleiman, Dahlia R. Smith, Stanley Tian, Marissa I. Tolini, Amber Tran, Quan A. Tran, Ihudiya P. Ugwu, Ryan A. Van, Aidan T. White, Pamela R. Williams, Oscar Wong, Samuel K. Wong, Jiawei Wu, Jeff Yu, Decheng Zheng, Li Juan Zheng, Nathan Zheng, Jessica Zhu.

Grade 6: Jia Kai An, Joshua N. Buaman, Morgan N. Calvert, Adriana M. Campbell, Olivia L. Chan, Colin Cheng, Yumiko Chow, Shaelyn A. Clark, David J. D'Antona, Paula D. Day, Collin J. Gates, Aida Lee B. Giordano, Maura J. Hays, Jiahong Huang, Ken Huang, Sophia Huang, William Huang, Suleka J. Hussein.

Beck A. Lamotte, Hao Lin, Aria X. Long, Miranda K. Luke, Desiree E. Masone, Neil B. McCole III, Giordano J. McKenzie, Marcus W. Moore, Jerald D. Mortel, Nicholas Y. Moy, Anh Q. Nguyen, Vivian L. Nguyen, Brendan D. O'Connor, Vincent M. O'Leary, Sophia J. Owens,

Duyen T. Phan, Avery J. Pitta, Keerthana Samanthri, Vincent Shi, Asani T. Smith, Mary F. Stanton, Caitlin M. Stockdale, Destiney C. Stokes, Aaron Tsang, Kayla N. Tucker, Jia Lin Weng, Yong wen Zu, Yanfeng Yu, Jacky C. Zhang, Allen Zheng, Jason Z. Zhang, Nora A. Zraizaa.

247 On Broad Meadows Middle School Honor Roll

Two hundred forty-seven students are on the first term honor roll at Broad Meadows Middle School.

They are:

HIGH HONORS

Grade 8: Grace P. Akkara, Eleanor J. Anderson, Kevin J. Ballerino, Maria M. Bengoa Croxatto, Veronica M. Bentley, Allison R. Boyd, Kayleigh J. Caldwell, Mitzi M. Crowe, Brayan J. Cruz Rafael, Brooke E. Deady, Olivia R. Delprete,

Rebecca L. Fitzpatrick, Juliana Y. Gee, Ilkim Gumus, Mia M. Hurley, Brianna L. Joyce, Jacquelyn M. Kane, Aisling R. Kelly, Aurora D. Kilrain, Emily E. Kraunelis, Jake L. Lamonica, Ryan J. Laroche, Tommy M. Luong, Megan S. MacNeil, Robert C. McClelland, Aidan J. McDonnell, Alessia M. Mochi, Martin E. Muscato.

Celine K. Nguyen, Cindy Nguyen, Erin K. O'Callaghan, Grace L. O'Handley, Samantha R. O'Neil, Andrew R. Peterson, Jaida L. Reid-Jackson, Alyssa J. Ruan, Yinyin Ruan, Julianne R. Sheehan, Ryleigh D. Smith, Isaiah E. Steinberg Johnson, Harrison S. Stengel, Jefferson Tian, Jason Vo, Anna Weng, Benjamin P. Wines, Owen X. Wu, Li Xin Xu, Christina S. Zero, Ivy Zhou.

Grade 7: Leila Akhouzine, John Alessandro, Madilyn E. Bailey, David S. Bridges, Louis P. Brown, Jerry M. Caldwell, Sophie G. Cerone, Lawrence K. Ching, Abigail E. Codner, Aleksandra Dedo, Margaret P. Fay, Dylan B. Green, Lillian D. Hanly.

Alex J. Keeley, Allison M. Keeley, Timothy P. Kelly, Kellen P. Kopp, Tony Le, Jacob M. Lustig, Lucy M. Lynch, Thomas C. Murphy, Aria B. Oakes, Max V. Pacheco, Isabella R. Pagliarulo, Charles J. Quigley, Ryley J. Sanders-Smiley, Ninh T. Thi, Matthew C. Wong, Ryan Zheng.

Grade 6: Mukhtar M. Adan, Victoria P. Bentley, Caroline C. Campbell, Audrey R. Capone, Kyleigh H. Cipriano, Kyle R. Deboer, Vinh Khang V. Duong, Eleon A. Fenelus, Mairead J. Folan, Huong V. Le, Tiffany Le, Thomas W. Lebo, Ruby M. Levine, Tess S. Louzan, Maggie A. Lynch.

Nathaniel M. McMillen, Samuel K. Mulyanga, Delia A. Nichol, Andrew R. Novak, Alexander T. Rheault, Mallory C. Rimovitz, Jaimie J. Sansouci, Reese M. Smith, Katelyn R. Stirling, Meghan A. Sweeney, Brynn B. Toler, Caroline E. Tracey, Anna K. Tran, Quinten B. Van Dam, Stephen J. Wright.

HONORS

Grade 8: Mariejo Jessica A. Ajavon, Benjamin Akkara, Zeinab H. Alfetlawi, Paola S. Arguedas McClay, Jack H. Barry, Priscilla B. Bonica, Christopher T. Cabezas, Chris Cakuli, Michael L. Capone, Willy Chen, Samantha L. Coletti, Kevin P. Coyman, Brody B. Degust, David B. Dennis, Devin C. Desmond, Andrew C. Devlin, Abigail G. Drinkwater, Bryson A. Dunbar.

Kirsten R. Fennelly, Gianna E. Gatturna, Jacob M. Gordon, Isabelle T. Ibrahim, Darian L. Jordan, Delana A. Jordan, Simon Lin, Devin T. Lopez, Alyssa R. Luzinski, Patricia A. MacLeod, Julianna P. MacPherson, Paul S. Martin, Melissa C. McDonald, Joseph H. Mesa Velez, Shannen E. Murphy.

David G. Noble II, Christy N. Pham, Joseph M. Saccoach, Haoyuan N. Shi, Colby G. Simone, Hailey K. Smith, Jonathan S. Soares, Emily G. Suarez, Kaylie A. Sullivan, Danielle M. Toomer, Asher D. Wines, Ashley M. Young, Steven C. Zheng.

Grade 7: Samee Akhouzine, Jania M. Astacio, Nicholas M. Blasi, Conor N. Byrne, Yuan Yi Chen, Owen P. Coppola, Hugh C. Crawford, Jordan Ray L. Dizon, Leah A. Forte, Michael R. Foster, Cameron J. Griffin, Alfredo V. Gudiel, Cooper D. Hansen, Sandy He, Kathleen M. Higgins, John M. Hopps, Sarah D. Houlihan.

Mairene A. Ibardaloza, Trinity I. Joyce, Tyler F. Larsen, Jeffrey M. Louissaint, Mona N. Ly, Chloe E. Lynch, Calvin P. Mandawe, Nathan J. McCann, Morgan E. Novak, Cara E. O'Connor, Julia R. O'Leary, Mathew J. Olaince, William T. Ploof, Thomas A. Santos, John O. Shen, Brian D. Silcox, Jaycee L. Sloan Mitchell, Lily B. Tang, Paige E. Tompkins, Tiffany N. Tran, Akira A. Wright.

Grade 6: Maha A. Al-Ibrahimy, Laisha Y. Arrendell Pimentel, Daniel J. Ballerino, Guinevere M. Bates, Julie H. Blois, Emily R. Bowers, Morgyn T. Butler, Madelin T. Caggiano, Marissa Cakuli, Corey N. Chaparro, Hanna A. Concannon, Serena M. Crane, Xingwen Deng, Ethan J. Earnest.

Chloe B. Fitzgerald, Kendall Gallant, Mattea B. Garrett, Fionn M. Gorham, Ruari P. Gorham, Rajan Hamzallari, Oscar Huang, Sophia Y. Huang, Haley M. Johnston, Sarah E. Kabay, Alexandria G. Kane, Stanley Lu, Grayden C. Louissaint, Monique Lu.

Shane M. MacNeil, William G. Martin, Grace N. McDonald, Lilly P. McKeon, Mya Millette, Lena K. Nguyen, Nhi T. Nguyen, Madison M. O'Connor, Anthony J. Paccioretti, Angela N. Pham, Isabella S. Plonowski, Cameron A. Quigley, Kyle N. Reynolds, Yuwary A. Rodriguez, Lily Rong, Ethan C. Sheng-Clarke, Kevin M. Slade, Caelyn E. Soule, Mary Tan, Steven K. Tran, Liam D. Van Gestel, Maximus M. Van-Tassell, Skyla P. Whalen, Haixiang Yu, Jason C. Zeng, Anna Zheng.

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Join the Quincy Council on Aging at the Kennedy Center on Monday, Jan. 30th at 1:30 p.m. for an afternoon of letter writing. Paper and pens will be provided along with light refreshments.

All letters will be sent to California to be packaged with Care packages and shipped to troops. This is a great way to shed those winter blues.

To register for this event call the Kennedy Center at (617) 376-1506.

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Koch To Give 'State Of City' Address Jan. 31

Cont'd From Page 13

into place in the fall of 2016. The engraved bricks will be installed there this spring, once the weather allows it.

"That will happen this coming spring. The only reason we couldn't do it now is because of the winter. The way they put the bricks down, they use an adhesive that has to be a certain temperature for several days, so why risk it," Koch said.

The work in phase two has an estimated $18 million cost, which Koch said could be funded using federal or state money, or also the city's hotel tax account. Receipts from property taxes, however, will not go towards the new park.

"The estimate is around $18 million for phase two. I reiterate, we will not be using property tax money for that," Koch said.

"It could be state, it could be federal, it could be hotel tax, or a combination, but it will not be Quincy taxpayers' dollars. I've said that from day one and I'm going to be consistent on that."

Two projects are already in the pipeline for the Hancock Lot – a 124-unit high-rise apartment building proposed by Peter O'Connell and a hotel pitched by LBC Boston – as well as a 650- to 700-car municipal garage.

The City Council will continue its review land disposition agreement (LDA) for the O'Connell project, known as Chestnut Place, on Jan. 9. (The meeting had been slated for Tuesday, but was rescheduled to next Monday instead.) The review of the LDA with LBC Boston could begin later this month, and construction of both projects, as well as the garage, could start this fall.

Once construction of those projects begins, Koch said the city would turn its attention to two additional developments in the Hancock Lot. The mayor said those projects would not begin until the garage and the O'Connell and LBC Boston ones are finished, because there is not enough room in the lot to handle all of them at once – a portion of the lot will remain open for parking during construction, with other portions used for staging the site work.

"There is still a lot of work to be done," Koch replied when asked about the future projects. "This planning is very, very important – how this is all planned out – because every time you need construction obviously you need lay down areas. You need a place for cement mixers to come in, the trucks in and out. All the while, we've got to try and provide parking for the downtown.

"There is a lot of work yet to be done on that, so I don't know when we will get to those other two parcels. We certainly could get started – once the LDAs are approved and construction starts, we could then begin the process of what happens on the next two parcels, but we need all the space we can get right now. I don't think we will have two more developers out there developing at the same time as these two and we're trying to build a garage. It just physically cannot happen."

The city has an agreement with county officials allowing the use of the Quincy District Courthouse's parking lot at times when the court is not in session, but officials are still putting together plans to accommodate those who now park in the Hancock Lot on a daily basis

"That all has to be worked out," Koch said. "The Ross Garage right now, that surface lot has now re-opened. That's going to help. That's been closed down for some time. There are several hundred spaces on that side.

"That's why we have the Messina lot under agreement for lease for parking, and we may have to do some more of that before we develop some of those other parcels. That's why it gets complicated about having too much going on at one time."

A large portion of the lot, the mayor continued, will be under construction, though he did not know exactly how much would remain open as a parking lot.

"It's fair to say a substantial part of the lot will be under construction. How much of it I don't know," Koch said. "Will it be two-thirds and still have a third? Perhaps."

The two future projects on the Hancock Lot could be residential, commercial or retail, depending on what the market supports.

"I think that at some point the market is going to correct itself or level off a little bit on the residential development, because there are only so many people looking for apartments right now or condominiums," Koch said.

"I think it will continue to grow because I think Quincy's market will continue to be hot because when you look at the core of Boston and you look at Cambridge and Somerville, it's getting too pricey on that side of Boston.

"I think, because of the Red Line, we still have a lot of room for growth, but I do think it will level off a little bit before long."

While O'Connell would lease a portion of the new municipal garage to accommodate tenants living at Chestnut Place, the mayor said future projects on site could include parking of their own.

"I think the other two parcels that are left, you could have below ground parking.

Cont'd On Page 29

CONSTRUCTION ON two projects proposed for the Hancock Lot – a high-rise building and hotel – and municipal parking garage could get underway as soon as this fall. City officials are still working out a plan to accommodate motorists who park in the lot on a daily basis, Mayor Thomas Koch said, because a "substantial" portion of the area will be under construction or used for staging areas. A pair of other developments is also planned for the site in the future, and the city will turn its attention to those once construction on the first projects begins.

Quincy Sun Photo/Robert Bosworth

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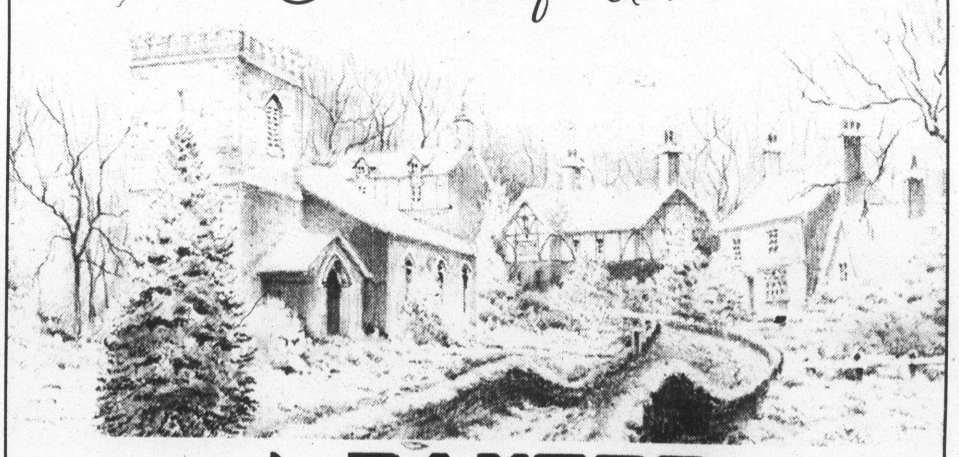

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Feed The Hungry Gala Raises Over $300,000 For ISS

FEED THE HUNGRY Gala Committee members posed for a photo during festivities Dec. 9th. Comprised of local volunteers who work year round to organize the event, many members live and work in the communities and towns on the Shore South including: Hingham, Scituate, Cohasset, Duxbury, Norwell, Quincy and Randolph. The event held at the Granite Links' ballroom raised over $300,000 for Interfaith Social Services. *Photos Courtesy Pierce Harman*

Some 500 guests filled Granite Links' Ballroom in Quincy Dec. 9th to set a fundraising record for Interfaith Social Services. Over $300,000 was raised, more than any other fundraiser in Interfaith's history.

Proceeds provide food, mental health counselling and emergency assistance to South Shore residents in need. Interfaith operates one of the largest emergency food programs in Greater Boston.

"We couldn't keep our doors open without the support we receive through this event each year," said Interfaith's Executive Director Rick Doane. "Our Feed the Hungry Gala accounts for a large percentage of our annual budget. It is incredible to see how many local businesses and individuals contributed to this incredible evening of philanthropy."

A group of local businesses donated to an evening filled with food, fun, libations and generosity. One of the most visual contributions was from The Fruit Center Marketplace. They used fruits and vegetables to construct a centerpiece display. All of the produce was distributed to Interfaith's food pantry clients after the Gala.

Gala guests were greeted with a complimentary cocktail crafted by Boston Harbor Distillery. Chef Ming Cao from Fuji prepared an amazing selection of Japanese makimono rolls for everyone. The crew from Island Creek Oysters worked hard all night shucking oysters for guests.

Chef Greg Jordan and his team from The Quarry Restaurant & Lounge whipped up a Provencal Cassoulet. Chef Sam Cabral-Curtis from The Corner Stop Eatery made a scrumptious dish of tuna, avocado, cilantro and lime with corn tortilla chips. Chef Garner Blume from Belfry Hall prepared Benton's country ham with homemade biscuits and gravy. Chef Frank Van Overbeeke from iCater gave everyone a treat with Mississippi pot roast and smashed potatoes. And Chef Paul Wahlberg of Alma Nove dished up one of his crowd pleasing favorite Mediterranean plates.

At the end of the evening Pastry Chef Kate Holowchik from The Townshend whipped up some homemade S'Mores Brownies. Paired with these desserts, the crew from Coffee Break Cafe treated all of the Gala guests to some specialty coffee selections.

This dine-around and dessert reception were just two of the many festive activities guests enjoyed at this year's Feed the Hungry Gala. Using BidPal's technology guests bid on an amazing variety of silent auction packages including signed sports memorabilia, getaways, experiences and other one-of-a-kind items. Carnival style games kept everyone competing for fantastic prizes all night. In between playing games guests rocked out to the musical stylings of the very talented Mark Greel Band, and Master Illusionist Darren Yong amazed attendees with his sleight of hand.

Guests were also treated to an assortment of adult beverages as well. There were two wine tasting stations courtesy of Bin Ends Wine. Spirit tastings were scattered throughout the venue thanks to Bradford Distillery, Bully Boy Distillers and Boston Harbor Distillery. For the nondrinkers, Simpson Spring set up an array of their unique soda samplings from the oldest bottling plant in the United States.

Latoyia Edwards of NBC Boston/NECN emceed the event. During the program guests heard from clients who benefited from Interfaith's food pantry. Attendees participated in games and bid on live auction packages. Executive Director Rick Doane recognized the contributions made by one of Interfaith's volunteers, Charlene Manning. She was honored as the organization's Community Hero of the Year.

After the program many guests danced the night away during the dessert reception. Attendees received gift bags packed full of treats from Gala sponsors and friends.

Interfaith Social Services' 19th annual Feed the Hungry Gala sponsors included the Arbella Insurance Foundation, Walmart, JetBlue Getaways, Granite Telecommunications, Advisor Assist, Makepeace Digital Printing, Neighborhood Health Plan, South Shore Living Magazine, BMC HealthNet, Campbell, DeVasto & Associates, CCR, Eliza Corporation, Foxcroft Real Estate Management, Granite Links Golf Club, HarborOne Bank, J. Calnan & Associates, MavroCreative, MountainOne Bank, NECN, Quincy Mutual Group, Signet Electronic Systems, Inc., South Shore Bank and Stop & Shop Supermarket, as well as many other local businesses and philanthropic individuals.

The nexty gala is scheduled for Friday, Dec. 8.

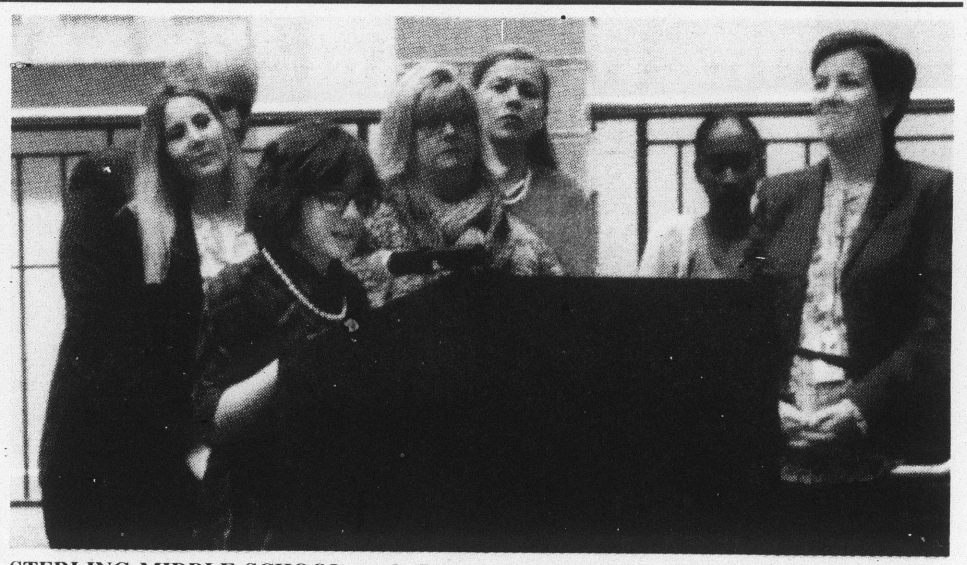
FEED THE HUNGRY Gala organizer Ally Donnelly (far right) of NBC Boston/NECN. Donnelly, a Hingham resident, has been organizing the gala for the past five years. Her friends and colleagues from NBC Boston came out to support this great cause. In this photo are: Jackie Bruno, NBC Boston/NECN lifestyle reporter; Kristy Lee, NBC Boston/NECN anchor; Sue O'Connell, NBC Boston/NECN host, The Take; Frank Holland, NBC Boston/NECN anchor; Joy Lim Nakrin, NBC Boston/NECN anchor; Jeff Saperstone, NBC Boston/NECN anchor; Michael Page, NBC Boston/NECN meteorologist; Allison King, NBC Boston/NECN political reporter; Karen Hensel, NBC Boston/NECN investigative reporter; Jason Frazer, NBC Boston/NECN investigative reporter; Natasha Verma, NBC Boston/NECN traffic reporter; Caroline Connolly, NBC Boston/NECN reporter; Jonathan Choe, NBC Boston/NECN reporter; Eli Rosenberg, NBC Boston/NECN reporter; Perry Russom, NBC Boston/NECN reporter; Kenny Plotnik, NBC Boston/NECN VP of News; and Michael St. Peter, NBC Boston/NECN General Manager.

ATTENDEES AT THE 19th Annual Feed the Hungry Gala include Quincy residents Len and Jean Plante.

ALLY DONNELLY (left), Gala Committee Co-Chairperson, Charlene Manning of Quincy, the Community Hero of the Year honoree; and Interfaith Social Services' Executive Director Rick Doane.

SQUANTUM SCHOOL GRADE 5 student Angelica Anousis reads her first place winning essay during a recent school committee meeting. Anousis was among the students who won top honors in the Quincy Public Schools' American Education Week Essay, Poster and Video Contest.

Quincy Sun photos/Tom Gorman



STERLING MIDDLE SCHOOL grade 7 student Athena Perry reads her essay at the school committee meeting. She won first place in the middle school essay contest.

Essay, Poster, Video Contest Student Winners Honored

Theme: 'How My School Is A Great Public School'

By TOM GORMAN

Students who won the top three honors in the Quincy Public Schools' American Education Week Essay, Poster and Video Contest were honored by the school committee during its Dec. 7 meeting.

Each school participated in the citywide contest. Individual students could write essays or team up to produce a video or create a poster. The theme of this year's contest was "How My School is a Great Public School."

The grade three through five contest winner was Squantum School grade 5 student Angelica Anousis for her essay; second place went to Atherton Hough School grade 5 students Alex Galligan-Kuntupis, Nicholas Cerone and Preston Cavin for their video; and Montclair School grade 4 student Lola Affleck placed third for her essay.

The kindergarten through grade two contest was won by Parker School grade 2 classes of Ms. McLaughlin, Ms. Noonan and Ms. Wu for their video; Ms. Landers' Wollaston School kindergarten class placed second for their poster; and third place went to Ms. Alcott and Ms. Kelly's kindergarten classes at Snug Harbor Community School for their poster.

In grades six through eight, Sterling Middle School grade 7 student Athena Perry won first place for her essay; second place was won by grade 8 Sterling Middle School student Supriti Karki for her essay; and third place went to Atlantic Middle School grade 8 student Sierra Rodrigues for her essay.

The grades nine and 10 contest was won by Quincy High School grade 10 student Sara McDonald for her essay; second place went to North Quincy High's grade 10 student Samuel Hwang for his essay; and Joanna Setow, north Quincy high School grade 9 student, took third for her essay.

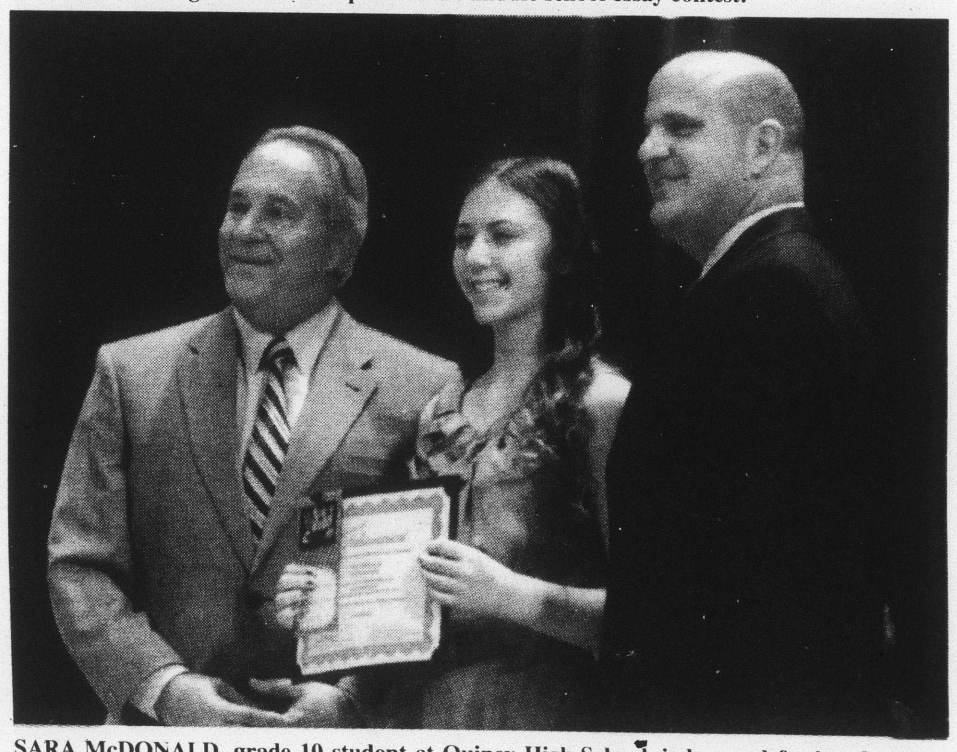
American Education Week was observed the week of Nov. 14 and is sponsored by the National Education Association (NEA). The idea of the week came about in 1919 when the NEA and the American Legion joined forces to generate support for public education. The first American Education Week was observed in 1921, sponsored by both the NEA and American Legion.

In other business: the school committee also recognized the fall student athletes from North Quincy High and Quincy High schools. Patriot League All-Stars and team captains of teams that qualified for the MIAA tournaments were honored.

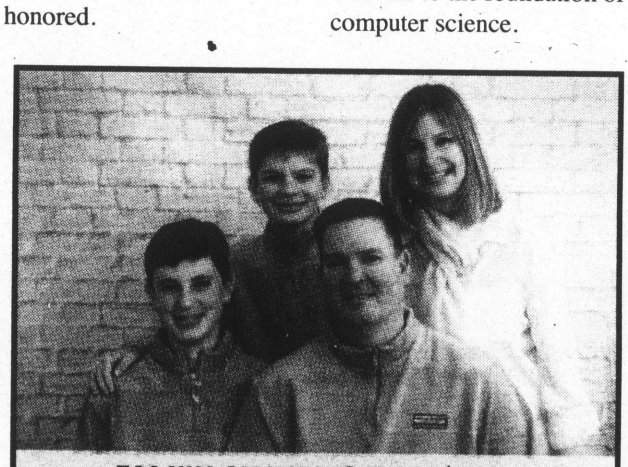
School Supt. Dr. Richard DeCristofaro informed the committee that the school department's food service division received a $17,000 grant to upgrade equipment at Atlantic Middle and Parker Elementary schools.

The superintendent also noted the middle schools' robotics teams competed at a regional contest on Nov. 19 at Newton North High School where Atlantic Middle School's team qualified as a finalist for the Eastern State Championship competition that was held Dec. 17.

DeCristofaro said all the district's students participated in the national Computer Science Education Week's "Hour of Code" the week of Dec. 5 where students learned some basic computer coding. The initiative is an effort to demystify computer code and expose students to the foundation of computer science.



SARA McDONALD, grade 10 student at Quincy High School, is honored for her first place winning essay in the high school essay competition by Quincy Public Schools Supt. Dr. Richard DeCristofaro, left, and QHS principal Lawrence Taglieri.



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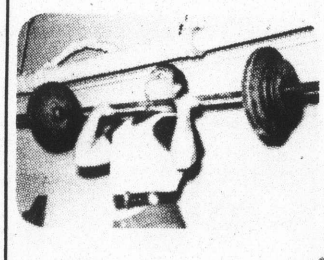

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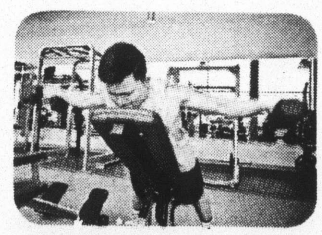

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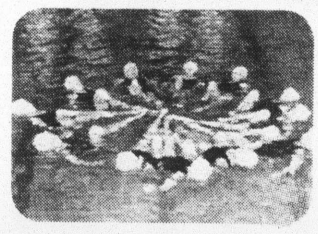

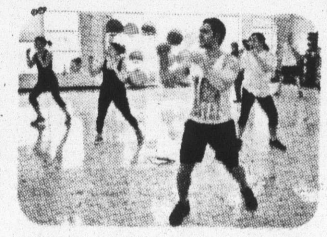

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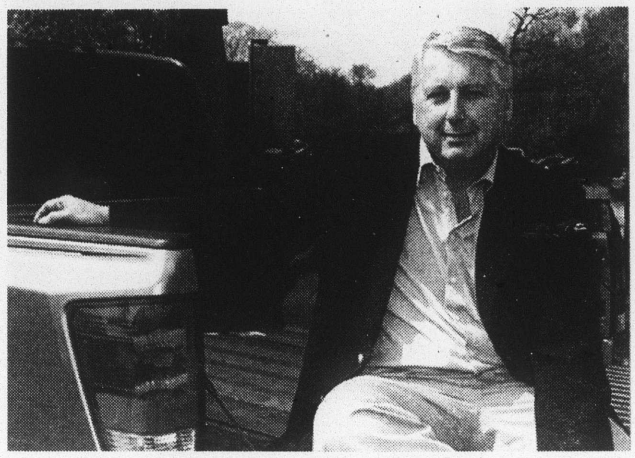


JOHN PAUL - AAA's Car Doctor

I just recently purchased a used 2007 Lexus RX350 and had a few questions. Do I have to use Lexus parts for routine maintenance such as oxygen sensors or can I use a quality replacement? What about fluids such as transmission and coolant?

The answer is both yes and no. Regarding sensors and other critical parts I would use the factory part or a manufacturer that makes the factory part. You will find many parts stores and websites will list the part as manufactured by the original equipment supplier. Some fluids are specific to Toyota/Lexus products, such as the transmission fluid, you need to use only Toyota fluid. When it comes to antifreeze, the recommendation is Toyota Long-life coolant or equivalent.

I heard you on your radio program talking about some cars that if you put snow tires on and don't have the tire pressure monitor sensors the traction control system may act up (along with the TPMS light being on). I have a Honda Civic that I want to put four snow/winter tires on. Will my car have a problem? What about the state inspection here in Massachusetts?

Honda is one of those cars that with some models and certain years when the TPMS light is on the traction control system cannot be defeated. This would only be an issue if you wanted the wheels to spin. Just a word of caution by defeating the tire pressure system you are in effect defeating a safety system. In Massachusetts – if the TPMS light is on – the vehicle will still pass, as an example. That is not the case in neighboring Rhode Island.

I recently purchased a 2016 Toyota RAV4 and the oil recommendation according to the dealers is either conventional mineral or synthetic. The car will be serviced by the dealer and I am more interested in what is "better" for the engine than cost. What oil should I use?

There are only advantages to using synthetic oil. Synthetic oil as compared to conventional oil (both can use mineral oil base stocks) flows quicker, reduces engine drag and may even boost fuel economy. The oil you should use is SAE 0W -20 and meeting ILSAC GF-5 specification. In my opinion synthetic oil is always better. One word of caution is even with synthetic oil never exceeding the vehicle manufactures' oil change recommendation, which with your Toyota is every 10,000 miles or when the oil change reminder light illuminates.

I try to listen to your radio show or podcast on a regular basis and noticed you weren't "live" for a couple of weeks, are you okay?

Thanks for the concern; I'm fine I took two Saturdays off to celebrate my 40th anniversary. I spent 8 days at the lovely IBEROSTAR Bávaro in the Dominican Republic, a trip I booked through AAA Travel. It was great and relaxing but always a car guy I was fascinated by the tiny trucks, diesel SUVs, scooters and microvans that keep the island running.

I am looking for a small station wagon not a small SUV. I own a well-used (worn-out) Honda Accord and love the sporty feel and the overall handling and performance. Now that it is time to replace it I'm finding few choices. I have looked at the Subaru Impreza and it seemed a little rough around the edges. The BMW and Volvo are out of my price range these days, any thoughts?

I would certainly take a look at the Volkswagen Golf SportWagen, The interior comes close to the fit and finish of a luxury car, the handling is very good and the turbocharged engine provides spirited performance while still returning in the case of my test drive 36 miles per gallon. The cargo area is quite roomy for a small car and gets almost cavernous with the rear seats folded. The other car to look at is the BMW Clubman; the handling is quite good and the ride surprising smooth and comfortable.

I recently got hit in traffic and there is a conflict on who was at fault. Based on this experience I'm considering putting a dash cam in my car. Have you tried any cameras and do you think they are a good idea?

Even before cell phones I always thought it was a good idea to carry a disposable camera to document a crash. When they say a picture is worth 1,000 words a video must be worth 10,000 words. On small camera that I have tried is the MiVue 420 from Magellan, it is easy to use, has great picture quality and could certainly protect you in a crash.

Last year after every snow storm my car would vibrate all the way to work. The first time it happened I was sure I had a flat tire, but didn't. I checked the tires to see if one was flat and none were. The steering wheel was shaking, but the whole car shook too. No alert lights went on the dash. Do you have any idea what could on been causing this and will I need to live with it again this winter? The weirdest part is it only happens on the way to work never on the ride home.

You were not likely alone in this situation. What happened was snow/ice builds up on the wheels causing them to be out of balance. After a couple of hours in the sun the snow melted and the tires are back in balance.

I had a Jeep back when I was more active fishing and camping and really enjoyed it. I do remember the ability to go anywhere but also seem to remember a very poor ride and less than stellar handling. Now that I am older (55) I would get a Jeep again and I am looking at the four-door Wrangler. I drive about 100 miles round trip to work and have a cabin in Vermont. What do you think of this vehicle and do you think I will tire of the ride and handling?

The four-door Jeep Wrangler is a very competent off-road vehicle that offers all the creature comforts that most drivers look for today. Although the ride is a bit bouncy it is still very well controlled and easy to drive longer distances. Although for my money I would look at the Jeep Grand Cherokee, when equipped properly it can go anywhere a Wrangler can go. Out on the open road the Grand Cherokee is more comfortable and the overall ride is more relaxed.

Gas is relatively cheap now but I'm a realist and know that gas prices will eventually go up. My question is do you think we will ever see hydrogen cars?

There are a couple of hydrogen cars (Hyundai, Toyota and General Motors all have at least one model) but in my opinion it is the refueling infrastructure that is the problem. Until there are more places to refuel I believe it will limit the number of hydrogen vehicles we will see on the road. It was unusual just a few years ago to see an electric car on my commute now I see some every week. I believe this has to do with a growing number of charging stations.

I purchased a 1969 Buick Skylark and I'm having a great time working on it. The problem is rusty nuts and bolts. I know repair shops will use a torch to hear some parts up. I don't have the budget to buy a torch, is there anything I can do to make removing nuts and bolts easier?

When faced with a rusty nut or bolt start with several liberal applications of penetrating oil (PB Blaster is a good one). After the oil has some time to work, tapping on the fastener may help and buying an inexpensive impact wrench makes life easier. It is always best to tighten the fastener a little before loosening it to keep rust from binding the threads. For a much smaller investment than an oxygen acetylene torch try a hand held torch and MAPP gas. MAPP gas burns hotter and in a pinch may work. I have also had good luck heating a fastener as hot as possible and then quickly cooling it with water. I found that a recycled dish soap dispenser quickly delivers the volume of water needed to cool something quickly, helping with the entire removal process.

My 2006 Toyota Corolla LE is experiencing a problem with the air conditioner/heater fan. Sometimes it will work and sometimes no. Could it be wiring, relay, blower switch, what? I am at wit's end.

The system uses a switch, blower motor, resistor and relay. The issue could be any one of these, but since it is an intermittent problem I'm inclined to suspect a wiring problem. The first place I would look is at the ground for the blower motor. Over time this connection could have picked up some corrosion causing an intermittent connection.

I have a 1999 Dodge Durango and may need to replace the lower ball joint. My question is does the torsion bar play any part in removing the lower control arm? Will I need to replace the entire control arm or can I just replace the ball joint.

The ball joint can be replaced independently of the control arm. The ball joint is pressed into place and unless the control arm is badly worn the new ball joint should press into place. The torsion bar should be "unloaded" completely to remove any tension. Once the parts are installed the ride height should be readjusted and a wheel alignment performed.

My daughter is interested in buying a new SUV. Her top choices are the Hyundai Santa Fe Sport, Mazda CX 3 and the Honda HRV. We have always had sedans (Nissan/Infiniti) and would like your opinion on these three vehicles. Is there another SUV that she should consider?

The vehicles that you are looking at are all slightly different. The Sante Fe Sport is the largest of the SUVs you are looking at and has the best overall warranty. The CX-3 is the most fun to drive and the Honda HR-V is the smallest although roomy for a sub-compact SUV. If your daughter is looking for a mid-sized vehicle, the Sante-Fe Sport is a great choice. The Mazda is fun to drive and gets great fuel economy and the Honda HR-V is probably the best choice to city living. Since you have always had Nissan vehicles, the Nissan Rogue is a good vehicle and is certainly worth looking at.

I have a 2012 Volvo S80 with 55,000 miles on it. It has run well and given me no trouble but the trunk is small and I want a car with a larger truck but not an SUV: The service manager at a local Volvo dealer mentioned that I am approaching a point at which maintenance on the car will get expensive. Was he being truthful or just trying to scare me into trading it in for a new car do they could get a used cream puff? I've thought about getting a used Mercedes or BMW 5 series but I worry they will be expensive to maintain. I'm thinking of getting a Toyota Avalon instead. What would you advise?

Looking at the maintenance recommendations the next 30,000 miles doesn't look much different than the first 55,000 miles. Of course things like brakes and tires as well as other wear items can be expensive. Buying a used Mercedes Benz or BMW puts you in about the same position you are now. A new Toyota Avalon will give you great dependability; advanced safety features andthe comfort and cargo area you are looking for, although it may not have the cachet of a Volvo, BMW or Mercedes Benz.

My 2006 Cadillac DTS with 43,000 miles on it has started to develop a vibration at 60 miles an hour or faster. At lower speeds it is fine, any thoughts on how I should proceed?

The first place to start is with a thorough inspection of the tires on the car. If they are original at 10 years old, the prevailing wisdom is to replace them. If the tires are newer having the tires inspected and balanced would be the first step in finding the car's vibration.

Hope you can help me. My 2007 GX470 Lexus SUV just got a new battery installed. Now the driver's window and the sunroof are now the only windows that will open. None of the other windows will open. My question is will I need to go back to the dealership to get this problem fixed?

The repair is quite simple and car just needs a little reprograming. With the key on- go to each individual window stitch and run the window down and hold the button for an extra couple of seconds and then run the window up and hold the button for an extra couple of seconds. This should reprogram the driver's master switch.

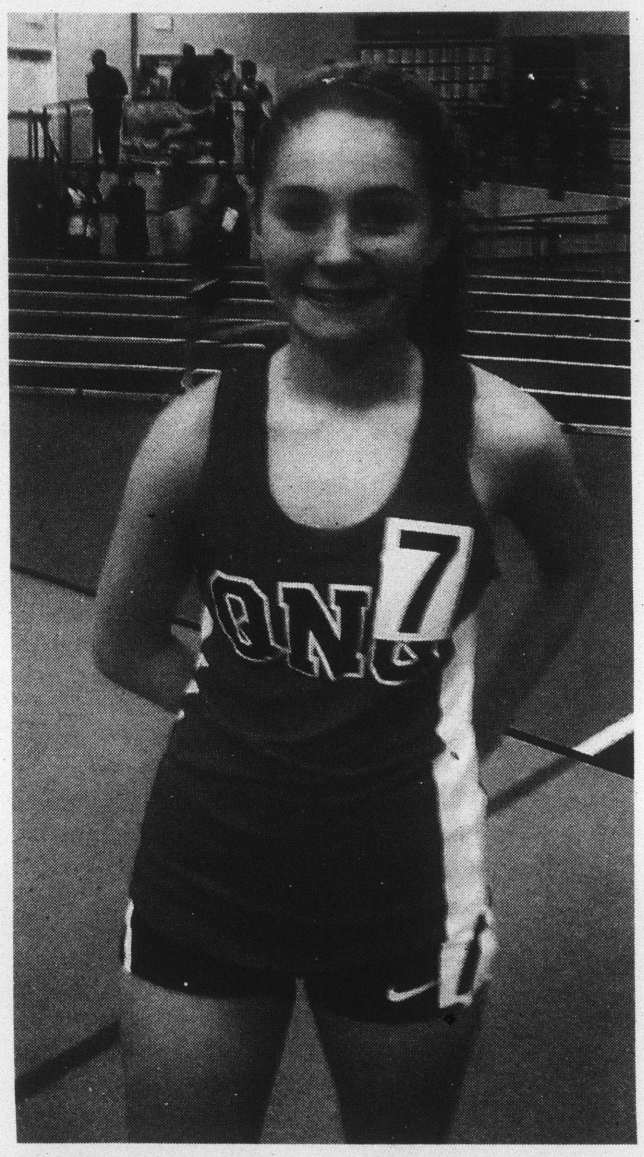
Recently I purchased a 2007 Grand Marquis from an estate. Before I bought the car it sat in a garage for a year and a half. During my first drive, as I approached an intersection, I stepped on the brake to slow down but the engine started accelerating and wanted to surge forward. I kept my foot on the brake but the accelerating and surging continued. Then I put the car in neutral but still the engine accelerated. Finally, while in neutral, I shut off the engine. Later that same day the same thing happened. I took the car to my mechanic both he and his father test drove the car. Nothing happened on their two test drives so we attributed my experience, with the accelerating and surging, to the fact that the car had sat for as long as it did. The car has been okay until just recently when it did it again. I tried to stop but the car continued to accelerate and surge until I shut off the engine. I was able to drive the car without incident and took it to the same mechanic who again test drove but without incident. Do you have any idea what might be going on?

There have been several reports of this type of issue with this car and its stable mate the Ford Crown Victoria. I believe based on what I have seen that the issue may be with the throttle position switch. There is also a class action suit, suggesting that Ford should have a redesigned the gas pedal to stop this type of issue-when it happens. If this were my car I would have the technician look very closely using an oscilloscope at the throttle positon switch looking for electronic errors.

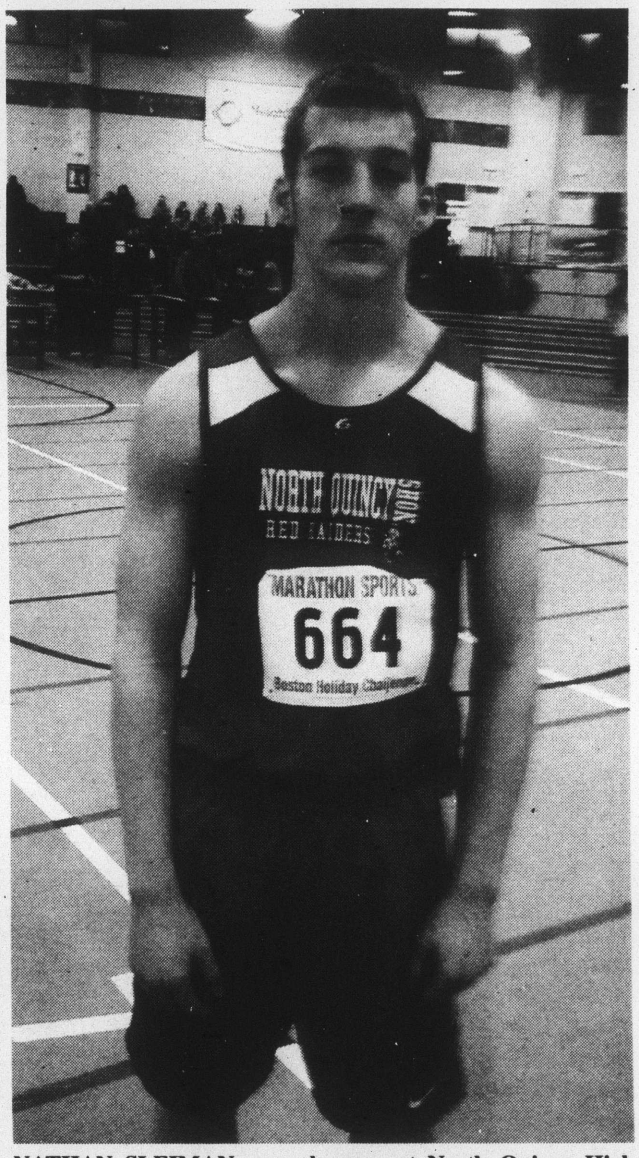
Got a car question for the Car Doctor?
Email John Paul at jpaul@aaanortheast.com.

Mahoney, Sleiman Shine At Holiday Track Challenge

Freshman Takes Bronze In Mile With Personal Best Time; Sophomore A Solid Fifth In Pentathlon



NORTH QUINCY freshman Rory Mahoney took the bronze medal in the freshman mile event at the Boston Holiday Challenge Dec. 28 at the Reggie Lewis Indoor Track Center. Mahoney's time of 5 minutes, 53.67 seconds was a new personal best.



NATHAN SLEIMAN, a sophomore at North Quincy High School, finished a strong fifth with 2,433 points in the pentathlon at the Boston Holiday Challenge. His best event was the 1,000 clocking in at 3:15.07. *Quincy Sun Photos/Joe Reardon*

By JOE REARDON

Quincy/North Quincy's Rory Mahoney's new personal best of 5 minutes, 53.67 seconds was impressive enough all by itself at the Boston Holiday Challenge Dec. 28th. But it was the savvy and awareness Mahoney displayed over the final 200 meters on the Reggie Lewis Center track that was truly eye-opening.

Racing in the freshman mile, Mahoney gave a hint that she could be the city's next great young distance talent.

She was just steps ahead of Hopedale's Katelynn Brunt, Grace Dowrey of Blackstone-Millville and Braintree's Ariana Firicano at the gun lap and the threesome was still within striking distance of Mahoney coming off the turn. But any aspirations they had of landing the bronze medal evaporated when Mahoney made her decisive move.

Mahoney, a freshman at North Quincy High School, began her kick off the turn and switched gears instantly as she put daylight between herself and the three milers in pursuit. She accelerated once more off the final turn and sprinted down the final straightaway. Mahoney was still pulling away as she crossed the finish line to clinch third place.

Mahoney's time was her fourth consecutive personal best after putting up Patriot League marks of 6:12.83, 6:03.36 and 5:54.90 on Dec. 23.

Prior to her race, Quincy-North Quincy head coach Geoff Hennessy said competing in an all-freshman race would be a good test for Mahoney and give her the chance to get the feel of a big-meet atmosphere.

"She's been improving with every race," said Hennessy. "Today she'll get to wear spikes, which we don't get to use during the week. She has great closing speed. Coming in here and getting a medal would be fine. She's getting her feet wet and learning the sport. She's still a shy, bashful kid, not a chatty kid. She's got good leadership with the upper class kids on the team and the distance kids."

Mahoney was pleased with her race and was confident her kick would make the difference over the last lap. "I could feel them coming up behind me, but I had a lot left for a fast finish," said Mahoney. "I really started to push (down the backstretch) and was able to go faster on the last turn."

Mahoney is in that rarefied, exciting zone where she is making dramatic improvements every time she steps on the track. She wants to continue working hard in practice and see how low she can drop her time.

"I really just want to keep improving my times," said Mahoney.

She's not afraid of working hard in practice and has already shown a mental toughness that can't be taught.

"Very much so," said Hennessy when asked if Mahoney was an easy kid to coach. "She shows up every day. She's now running faster than the best kid from middle school last year. She has great mechanics and a very good running style. It's very efficient. After watching her sprint on her last lap we may look at her for some other things."

NQHS sophomore Nathan Sleiman had a nightmarish start in the pentathlon after a traffic tieup due to an accident resulted in arriving at the Reggie Lewis Center as the 55-meter hurdles were about to get underway.

Sleiman was able to stay focused on the way to a 9.12 finish. He went on to leap 18-1-3/4, get off a heave of 30-2 in the shot put and clear 4-11-3/4 in the high jump. It was the 1,000 that proved to be Sleiman's best event of the morning as he picked up 524 points for his 3:15.07 showing. He finished a solid fifth with 2,433 points.

Sleiman, who started training for the pentathlon when he was 13, had his breakout meet last spring when he bolted to the win in the 110 hurdles in 17.35 at the Route 228 Freshman-Sophomore Meet at Notre Dame in Hingham. So far this season Sleiman has posted personal bests in both the 55 hurdles (8.92) and long jump (18-10-1/4).

Sleiman was relatively happy with his overall finish, given the fact he had no warmup time in his best event. "I did alright," he said. "I got here late. The 55 hurdles is my favorite event. I started thinking I could do the pentathlon when I was 13. My dad wanted me to do it. He thought I'd be good at it. I want to make it to the states this year in the long jump and hurdles.

"The season's been going good. I'm still looking to improve my times."

Hennessy was extremely pleased with Sleiman's performance and the mental toughness he showed throughout the challenging five-event competition. He's confident the enormously talented sophomore could eventually become one of the best in the state after finishing a solid 13th in last spring's Coaches Boys and Girls State Pentathlon Championships.

"Twenty-four hundred points and getting a plaque as a 10th-grader is not too shabby," said Hennessy. "I could see him possibly winning it in a couple of years. The big point events in the pentathlon are hurdles and high jump. If you do well in those two events you tend to score pretty high. The other events don't tend to hurt you as bad if you're not good at them.

"He's a very talented kid. He's only a sophomore and he's pretty good. He did 30 feet in the shot and that's better than some of the kids we have throwing the shot as their main event. He didn't get his best time in the hurdles because basically he walked in the door, they put him on the track and he ran - zero warm up time."

QHS Hockey Hall Of Fame Induction Ceremony Jan. 20

The Quincy High School Hockey Hall of Fame announces seven new members will be inducted Friday, Jan. 20.

The inductees are:

Michael Nevins (Class of 1982), Bobby Hall (Class of 1998), Bobby Harvey (Class of 1998), posthumously; Scott Mattson (Class of 2000), posthumously; Bill McKeon, (Class of 2002), Joshua Giordani (Class of 2004) and Coach Bob Hayes who will be inducted as a Special Friend.

The ceremony will be held Friday, Jan. 20 at 6:30 p.m. at the Furnace Brook Golf Course. Tickets are $30 each, full course dinner provided by Anthony Columbus.

For tickets Contact Dennis Bertoni (dbertoni76@gmail.com) or call 617-653-1526. Deadline for tickets is Jan 14th.

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Chiropractor

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The only definitive way to diagnose Alzheimer's disease is to find out if plaques and tangles exist in brain tissue, which is an examination that can only be performed after a person dies. In the meantime, doctors must conduct tests that assess memory impairment and other thinking skills, as well as judge functional abilities, identify behavioral changes, and perform additional tests that rule out other possible causes of impairment. From a chiropractic standpoint, it may be possible to detect the earliest stages of the disease by observing walking patterns. Research indicates that, when a person's gait becomes slower or more variable or less controlled, his or her cognitive function is also suffering. These walking changes may predate observable cognitive changes.

After decades of intensive research, the scientific community seems to agree that there is no one cause of Alzheimer's disease. Rather, many factors, both genetic and extrinsic, probably contribute to the disorder in varying degrees in different individuals. Chiropractors advocate an overall healthy lifestyle and prevention. To learn more, please call **FAMILY PRACTICE OF CHIROPRACTIC** at **617-472-4229**. We are located at **112 McGrath Hwy., Quincy**.

P.S. An initial consultation with a chiropractor includes an examination of posture and gait.

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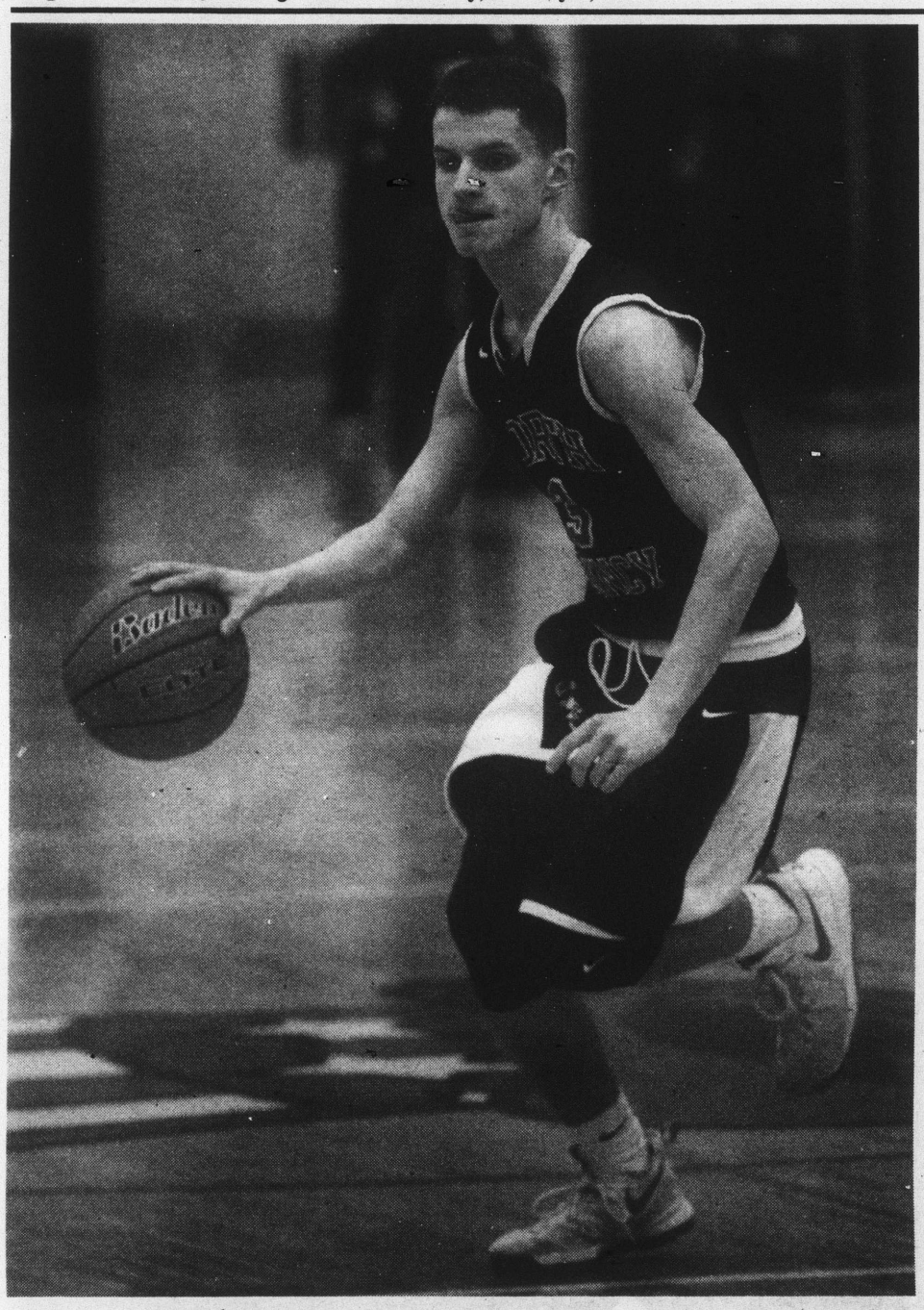
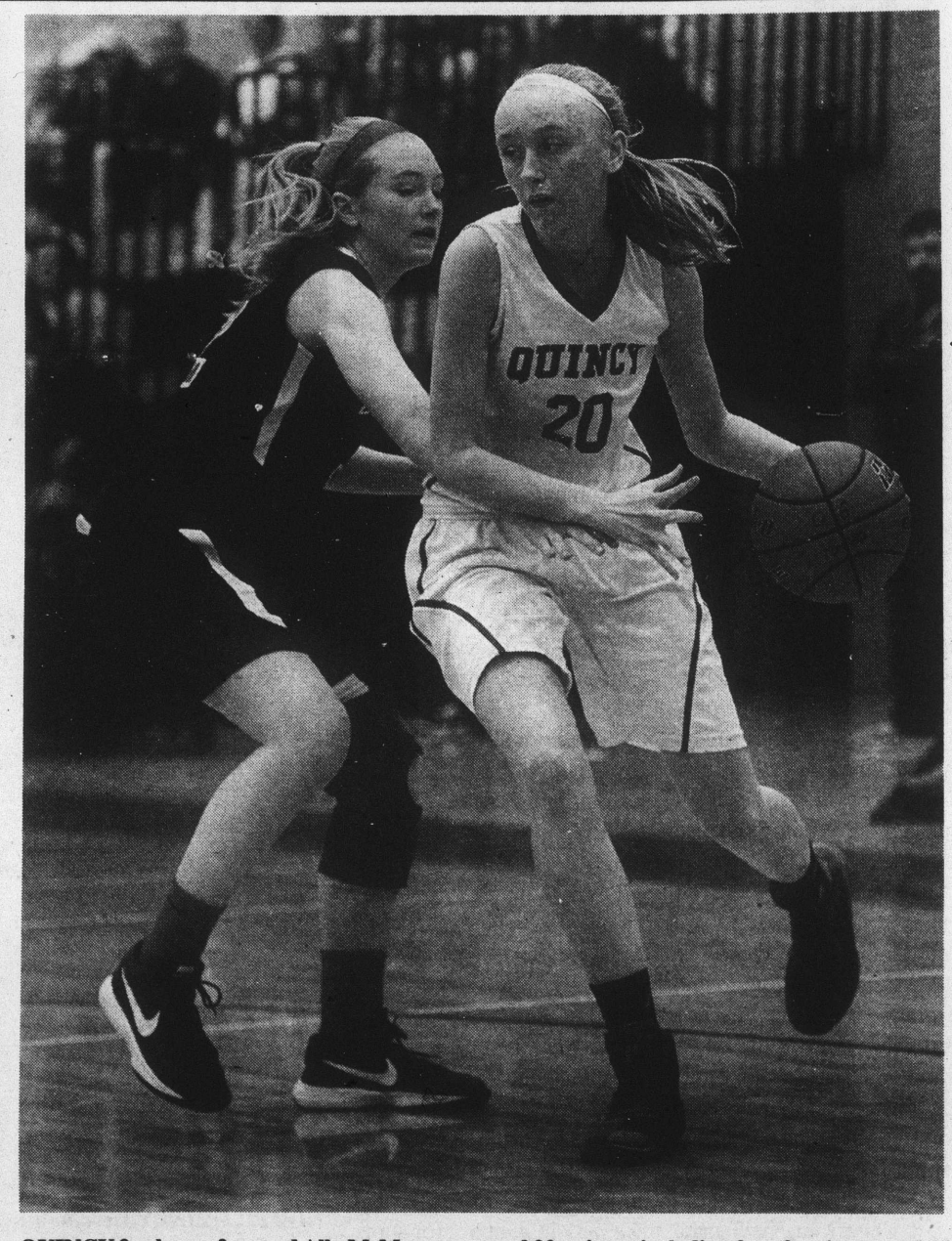


NORTH QUINCY senior guard and co-captain Aidan Golden and the Red Raiders return to the court Friday night for a home contest against Hanover. The Red Raiders host the Indians at 7 p.m. The North Quincy girls basketball team travels to Hanover Friday, visits Plymouth South Jan. 10th and hosts Scituate Friday, Jan. 13th at 7 p.m.



QUINCY freshman forward Ally McMorrow scored 22 points - including four 3-pointers and 17 points in the first half – as the Presidents downed Milton 53-51 Dec. 30. Sophomore guard Gia Calabro tossed in 14 points with three 3-pointers in the win. Quincy girls basketball visits Silver Lake Friday night, travels to Duxbury Jan. 13 before returning home for a Jan. 17th matchup with Plymouth North (6:30 p.m. start). The Presidents' boys basketball team hosts the Lakers Friday. Tip-off is at 6:30 p.m.

Quincy Sun File Photo/Robert Bosworth

North Quincy, Nantucket Skate To 4-4 Tie

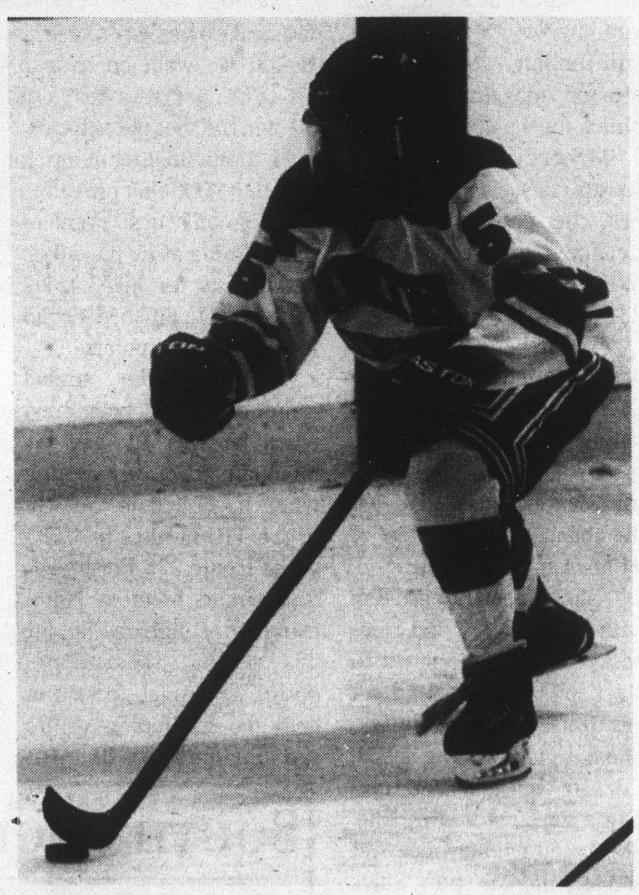
By JOE REARDON

With losses in its two previous games and upcoming contests against Patriot League iron Hanover and Scituate, Matt Gibbons' North Quincy squad needed the two points in Monday's matinee showdown against an undefeated Nantucket squard.

The Red Raiders had to settle for a point and were lucky to get that much in a 4-4 tie at the Quincy Youth Arena. The stalemate left North Quincy at 3-2-1 on the season and broke a two game losing streak at the hands of Milton (7-1) in the final of the holiday tournament and Pembroke (4-1) in what could be the Red Raiders' best effort of the season against a big, tough Titan club. Kieran O'Driscoll had the lone tally against Pembroke.

The Red Raiders had several breakdowns and turnovers in this contest and managed just three shots on net in the first period and seven more in the third on a day where the goal was to pepper the Whalers with 30 shots. North Quincy did have 11 shots in a very strong second period, but the team wasn't consistent throughout and it stopped them from adding two points in the standings.

"We only had three shots in the first period," said Gibbons. "Honestly, our whole game plan coming in was to get shots on net. We knew they had young goalies - I mean that kid was an eighth grader. We had three shots in the first and that wasn't enough."



NORTH QUINCY senior forward Hunter Phillips (above) and junior forward/defense John Norton carry the puck in recent action for the Red Raiders. *Quincy Sun Photos/Larry Carchedi*

Nantucket's eighth-grade goaltender James Culkins played beyond his years and should be a force for the Whalers for years to come. He had two big saves early on an Austin Lee wrist shot and a quick shot by Hunter Phillips, but it was the Whalers who got on the scoring sheet in the first 15 minutes.

Lee and Phillips have provided much of the offense for North Quincy so far that season and Gibbons is looking to see who else on the team can step up his game and contribute more on offense.

Nantucket showed no effects from the draining commute from the island as they won the opening period.

"I'm hoping it's not Austin Lee and Hunter Phillips all the time (scoring)," said Gibbons. "We need a second wave of scoring. Tonight we got two guys get on the score sheet. We have to be a little more desperate I guess. We can't just give up in different times. We can have a really good forecheck at times, it just can't disappear in the next period. We have to be consistent. With the lack of numbers we have, our margin for error is very small. We have to learn from our mistakes."

The Whalers swarmed

Cont'd On Page 23

BEFORE

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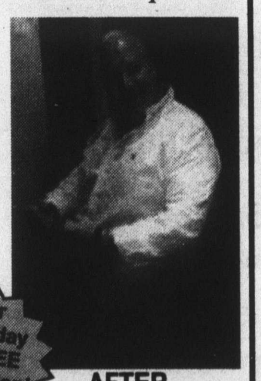
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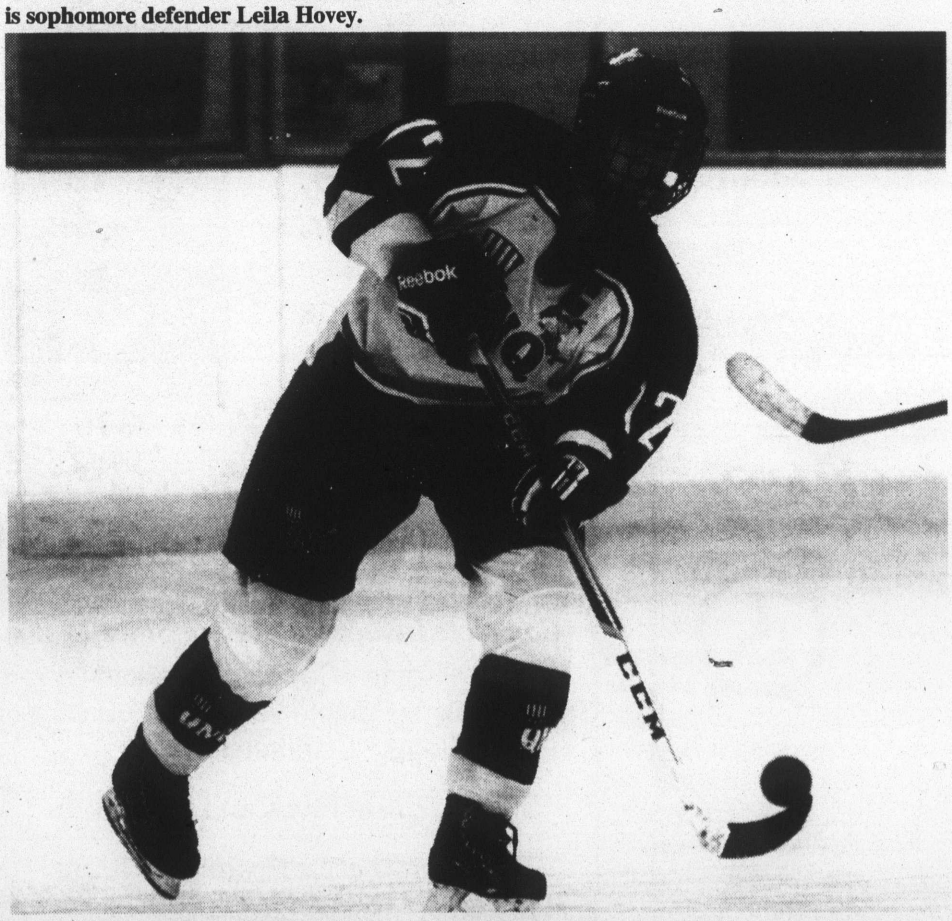
QNQ Girls Defeat P/L, 2-1

SENIOR CAPTAIN and forward Kate McGahey scores the first of her two goals with 5:53 left in a scoreless game propelling the QNQ girls to a 2-1 victory over Peabody/Lynnfield last Friday night at Quincy Youth Arena. Kate scored the second and winning goal with 2:39 left in the game.

QNQ's defense is on the younger side comprised of mostly sophomores and a junior. Shown here is sophomore defender Leila Hovey.



ONE OF THREE captains for the QNQ girls hockey team, senior forward Riley McLaughlin who landed several shots on goal, starts the play up ice in the first period.

QNQ SOPHOMORE forward Casandra Davis cuts through the opposition in a tight game last Friday against Peabody/Lynnfield at Quincy Youth Arena.

THROUGH two and a half periods QNQ and Peabody/Lynnfield played a tight scoreless game with good goaltending on both sides. Here in the second period QNQ senior goaltender Karissa Beal sets up for another save. *Quincy Sun Photos/Larry Carchedi*

SOPHOMORE DEFENDER Meghan Greene races the puck up ice away from the QNQ net in the second period. QNQ also defeated Hanover-Cohasset Monday 5-4 to improve their season record to 3-1-1. The team hosts Norwell Saturday at 6:40 p.m. at Quincy Youth Arena.

Real Estate

Quincy Real Estate Transactions December 27 - December 30

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Pauline J. Pearson	Claire E. LaFrance & Taylor D. Brown	$415,000.00	11 Seymour Street
Mary E. Knox	Youngsun Park	$152,000.00	227 Winthrop Street
Stenmon Family Living Trust	Nahid S. Mohammad	$160,000.00	179 Presidents Lane Unit 3L
Charline E. Leonardi	Parth A. Delvadia	$440,000.00	25 Rockview Road Ext. Unit C
Elaine T. Charlebois	Julian Sosnik & Catherine D. McCusker	$399,000.00	15 Ganett Road
Maryelaine Clarke Family Realty Trust	Lisa Tam	$265,000.00	62 South Street Unit 5
Corliss A. Primavera	Caroline M., Kevin A. & Maureen J. McCluskey	$200,000.00	6 Presidents Lane Unit 6-9
Jeanne M. Donroe Revocable Trust	Jinmei Lin	$615,000.00	38 West Elm Avenue
Daniel A. Maciaszczyk	Brendan O'Hearn & Alison McIntyre	$303,000.00	625 Sea Street
Bellevue Road Associates LLC	BMAT LLC	$399,000.00	101 Bellevue Road
Francis X. McKeon	Leanne Switzer	$310,000.00	20 Turning Mill Lane Unit 2
314SG LLC	CAP Investment Properties LLC	$1,245,800.00	76 Franklin Street
79 Shore Avenue Nominee Trust	Ashish & Hina Sangani	$1,300,000.00	24 Adams Street
Cynthia L. Cameron-Neal	Mark A. & Christine L. Deltufo	$250,000.00	48 Sargent Street
Shelia K. & Edward Strickland	John & Jayne Korn	$749,000.00	11 Tilden Commons Drive Unit 10-5
Squantum Exchange LLC	745 Squantum PA LLC	$600,000.00	745 East Squantum Street

Over 900 Quincy Households Receive Energy Upgrades

Call Quincy Saves At (781) 305-3319 For Mass Save Home Energy Assessment

In 2016, Quincy Saves helped nearly 1,000 families save energy and money at home.

The City of Quincy kicked off this program last January with the goal of completing 701 home energy assessments. The Quincy Saves program surpassed this and many more energy efficiency goals in October, including insulating over 200 homes, replacing 100 older heating systems, etc.. Final numbers will be tabulated soon.

Reducing energy and greenhouse gas emissions is a priority for the coastal community of Quincy, where rising sea levels and increasing severity of storms have a strong impact. Participants lowered their electricity and gas use and their bills, and helped slow the advance of climate change.

Quincy Saves thanks all of the households who helped to lower Quincy's impact on our environment through this program. Each home benefitted from a no-cost Mass Save Home Energy Assessment, which offers free LED light bulbs, programmable thermostats, and rebates toward high impact projects, including up to $2,000 toward insulation.

How much energy has Quincy Saves conserved this year? Simply switching out old light bulbs for more efficient bulbs has saved more than $200,000 total for city residents. This measure alone has reduced Quincy's greenhouse gas emissions in an amount equivalent to taking 200 cars off the road for a whole year.

"While the yearlong Quincy Saves program is officially over now, I continue to encourage all households to get a Mass Save Home Energy Assessment soon. Reducing energy use, lowering your impact on the environment, and saving money are always a good idea." says Shelly Dein, Quincy's Energy and Sustainability director. "Households who had home energy assessments in the past should have new assesssments done every few years because technologies change as do the conditions in your home as weatherstripping wears out and heating systems age."

The City of Quincy, in partnership with Homeworks Energy and the nonprofit HEET, would like to thank those in the community who hosted Quincy Saves outreach table many times throughout the year. Their generosity made this program possible and made a real difference in the community:

- Good Health Natural Food
- New York Mart
- Thomas Crane Library
- Kam Man Food
- Eastern Bank
- Stop & Shop
- Star Market
- Mignosa's Fruit Basket
- Quincy Farmers Market

Do you want to save energy at home and save money?

It is not too late to make a difference by signing up for the ongoing Mass Save Home Energy Assessment program at www.homeworksenergy.com or by calling (781) 305-3319.

QCAP Affordable Housing Workshop Jan. 10

Quincy Community Action Programs, Inc. will hold an Affordable Housing Workshop Tuesday, Jan. 10 at 10 a.m. in the fourth floor conference room, 1509 Hancock St., Quincy.

Attendees will learn what "affordable housing" really means and how to find it.

Get help completing housing applications and learn how to get on waiting lists and stay on waiting lists.

Other topics including discovering ways to maximize housing dollars and how to access other resources.

Pre-registration is required. To register by phone call 617-657-5350 or email dferreira@qcap.org. For more information visit www.qcap.org.

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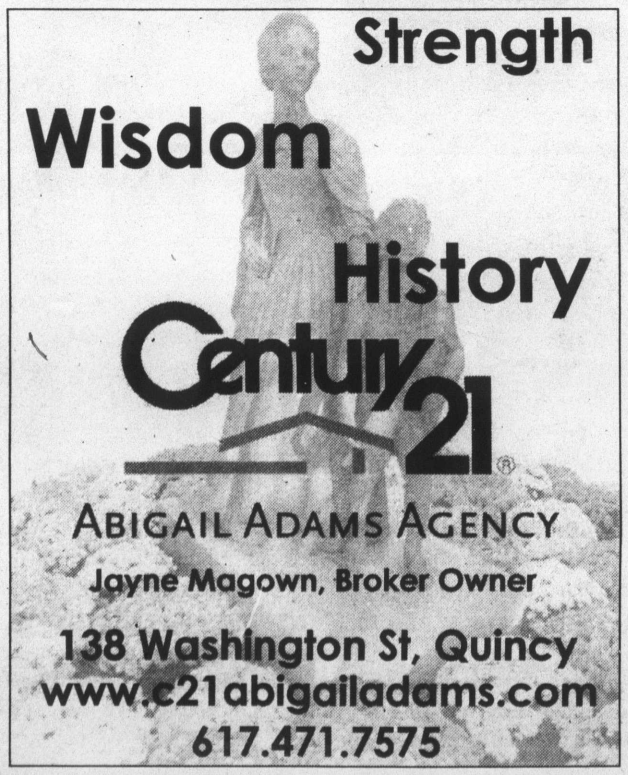

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NQ Girls Hoop Down Sharon

North Quincy Highs girls basketball team improved its record to 3-3 with a hard fought victory over Sharon Friday night, defeating the Eagles 54-50.

The Red Raiders' dynamic duo of Remy Aucoin and Jenn Butka combined for 33 points in the non-league win.

Falling behind early to the Eagles of the Hockomock League, Aucoin put on a one-woman show, scoring all 12 of North's points in the first quarter. North's four-point margin after one, 12-8, was a result of Aucoin's dominant performance in the paint and the pinpoint accuracy of junior point guard Jillian Hallisey. Hallisey, who finished with five assists, found Aucoin several times in the lane for easy hoops.

Looking to pull away in the second quarter, both Aucoin and Butka found themselves on the bench in foul trouble. Olivia Hussey and Mary Kate McAleavey both came off the bench to give North good minutes and keep the margin at four.

In the second, senior captain Kerin Coleman hit for five points while senior Karyn McEvoy chipped in with four, but it was junior Jessie Caldwell who was the most dominant, collecting six points while crashing the offensive glass for five second-chance opportunities. Meanwhile, Sharon's sophomore star Emma Eberhardt scored 11 in the second frame to keep the Eagles within four at halftime.

Butka was a force in the third quarter with six points, including a three-pointer. North, clinging to a four-point lead entering the fourth, saw its lead increase to 11 as Butka remained hot, knocking down eight points in the quarter.

It was North's inability to convert from the free throw line that nearly beat them, going 8-17 in the fourth. It was Butka who iced the game with two clutch free throws with less than a minute to go.

Butka led north with 17 points and nine rebounds while Aucoin finished the night with 16 points and 12 rebounds. Coleman and Caldwell finished with seven points apiece.

North hosted Silver Lake Tuesday and travels to Hanover Friday.

North Quincy Ties Nantucket

Cont'd From Page 20

around the Red Raiders' net in the opening period and were the first to get on the board for their effort.

James Lester fed Ben Jenkinson on a break and the eighth grader rifled a shot past North Quincy goaltender Derek Bille for the 1-0 lead. Nantucket went up by two on a Keith Johnson wrist shot from the top of the faceoff circle that beat Bille to the far side.

It was North Quincy, though, who was the agressor at the start of the second period, scoring twice in a 22 second span and adding a third tally just a minute later. Lee beat Culkins with a wrist shot to the glove side to cut the lead to 2-1 with 9:50 left and Phillips broke through the defense and rifled a shot under Culkins to tie it 2-2 with 9:28 remaining. John Early picked up his first varsity goal a minute later when he got control of the puck in a scrum in front of Culkins and stuffed it home to give the Red Raiders a 3-2 lead.

North Quincy's lead lasted until 4:03 into the third when Ben Lombardi beat Bille with a backhander to tie it at three. Lee and Phillips had big bids as North Quincy desperately tried to regain the lead, but it was Natty Davidson who broke the tie for Nantucket. The senior forward raced down the right wing and blasted a low wrist shot that beat Bille to the far corner with just 1:35 remaining for the 4-3 advantage.

That lead was only good for 34 seconds as Early grabbed a rebound in front of Culkins and wristed a shot top shelf to garner the 4-4 tie for the Red Raiders with 51.5 seconds left.

The tie was a disappointment for Gibbons, but he knows a point is better than coming up empty, especially in a very winable game.

"Nantucket came out really tough," he said. "Overall, in my opinion, we gave them some goals. The first goal he's sitting in the crease by himself. There were a couple of breakdowns that just killed us. We have to be better in our own end and better overall. To have seven shots total, minus the second period, is just not good enough. Our goal was to have 30 shots tonight which isn't that difficult. We probably would have won the game. Instead we had to hang on, pull the goalie and all hands on deck. We managed a tie where we did not deserve to tie that game, we deserved to lose that game. That's a game they're sitting on the other side pretty mad because they outplayed us.

"We had complete breakdowns in our own end (in the third period) and it led to chances and eventually the goal with 1:30 left. That's a tough goal to give up. It's great that we came back but we should be playing much better for three periods. We don't want one good period and half of a third period that's pretty decent."

The first week of the new year shapes up as a bear for the Red Raiders who had consecutive games against Hanover and Scituate on the schedule. North Quincy had just Wednesday's practice to go over the mistakes that had to be rectified before going into the belly of the Patriot League beast.

"We have Scituate and Hanover this week so this was huge for us to get two points," said Gibbons. "We're playing the two best teams in the league this week and it should be an absolute grind. Hanover is loaded and Scituate is just rolling over teams. Seeing that and knowing what we had coming up this is one we really need to have (two points) and we just weren't able to do it."

2017 Plymouth and South Shore Association of REALTORS® (PASS) Officers and Directors. Bottom row, left to right: President Jennifer Kern Rizzo and Secretary Christine Silva. Second row, left to right: Vice President John Heaney, Director Joseph Costantino, President-Elect Stephen Damon, Third row, left to right: Treasurer Mary D'Ambra, Past-President Donna Frano Fourth row, left to right: Directors Maureen Mansfield, Janet Murray, Jeffrey DeMoura and Barbara Harris. Top row, left to right: Directors George H. Raymond and Jonathan Keener. Not pictured in photo – Director Carolyn Cleveland. *Photo Courtesy Jean Gaudet*

Jennifer Kern Rizzo New PASS President

The Plymouth and South Shore Association of Realtors® (PASS), the second largest REALTOR® Trade Association in Massachusetts, installed their 2017 officers and directors at a recent ceremony held at the Red Lion Inn in Cohasset.

The following Association members were installed as officers:

President Jennifer Kern Rizzo of Quincy, Success Real Estate; President-Elect Stephen Damon, Jack Conway & Co. Inc.; Vice President John Heaney of Quincy, Century 21 Annex Realty; Treasurer Mary D'Ambra, William Raveis Real Estate; Secretary Christine Silva, William Raveis Real Estate; and Past President Donna Frano, Jack Conway & Co. Inc.

Elected as 2017 Association Directors: Carolyn Cleveland, Compass Realty Brokerage Services; Joseph Costantino, Costantino Realty Group; Jeffrey DeMoura; Jeffrey Scott Realty; Barbara Harris, Keller Williams Realty; Jonathan Keener of Quincy, Reality Realty Group; Maureen Mansfield, Coldwell Banker Residential Brokerage; Janet Murray, Keller Williams Realty; and George H. Raymond, Herbert W. Raymond & Son Realtors.

As president, Kern Rizzo will direct the internal and external activities of the association; preside at all meetings of the PASS Board *of Directors and Executive Committee; act as the official spokesperson for the association on issues related to the real estate industry;* and represent PASS members on the Massachusetts Association of REALTORS® (MAR) Board of Directors. Kern Rizzo will build upon her predecessor's accomplishments of guiding the organization and serving its 2,900 members.

For more information on PASS visit www.PassRealtors.com or contact 781-826-5139.

Driving Tips For Adverse Winter Weather Conditions From AAA

AAA Northeast offers motorists the following tips for adverse winter weather conditions.

Battery and charging system: Have the battery and charging system tested if your vehicle's battery is more than three years old. Your vehicle will need a fully charged battery to start up during a cold snap. Even a good battery can lose up to 50 percent of its capacity when the temperatures drop to zero. At 32 degrees it can take up to 30 percent more power to start a cold engine.

Coolant: Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. A 50/50 mix of antifreeze and water will protect your car's engine to -34 degrees. You can test the antifreeze protection level with an inexpensive tester available at any auto parts store. Check the cooling system hoses for leaks, cracks or loose clamps, too. Any hoses that feel brittle or spongy when squeezed should probably be replaced.

Ignition: Damaged ignition wires, a cracked distributor cap or worn spark plugs can make starting difficult. If the check engine light is flashing this indicates an engine misfire that could be a result of a malfunctioning ignition system. Driving with a flashing check engine light will permanently damage the engine catalytic convertor-a very expensive repair.

Oil: This is a year-round recommendation, but certainly worth taking care of with the rest of your winter prep. Always have your oil changed per manufacturer recommendations. You should have your vehicle's transmission fluid level checked at the same time. Synthetic oil is a benefit in every vehicle and will allow for quicker starts in very cold weather.

Tires: In areas with heavy winter weather, installing winter tires on all four wheels will provide the best traction. Winter tires are also formulated to work better in very cold weather conditions due to the stickier rubber compounds. All-season tires work well in light-to-moderate snow conditions provided they have adequate tread depth. Examine tires for tread depth, uneven wearing and cupping. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage.

Washer fluid: Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components. Some window washer solution is rated to just 20 degrees, but in cold weather this solution can freeze and damage the washer system. Look for washer fluid that protects well below freezing temperatures.

Wipers: Wiper blades should completely clear the glass with each swipe. Replace any blade that leaves streaks or misses spots. Consider installing wiper blades that have a one-piece plastic beam frame or winter blades that wrap the metal frame in a rubber boot. Both designs help prevent snow and ice buildup that can interfere with blade-to-glass contact.

Engine Warm up: Extensive engine warm ups are not necessary even in very cold weather. A more fuel efficient technique is once the car is running and you are settled in with your favorite radio station and your seat belt fastened, drive reasonably until the engine comes up to operating temperature.

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Monday, Dec. 26, at approximately 1:30 p.m., numerous officers were dispatched to the Tedeschi's store at 85 Quincy Ave. fror a report of a male who just fled the store after stealing a woman's purse from the café area.

As officers responded, dispatched notified them the suspect, in his 20s wearing a black coat, was last seen running south on Quincy Avenue. Officers John Leuchte, Jamie Parisi, Greg Hartnett, anti-crime officers DesRoche and Lanergan, K-9 officer Brian Mahoney and Sgt. William Ward and Sgt. Mark Kennedy responded to the area.

Officer Parisi arrived on scene and spoke to the victim, who said she was inside the store and left her purse briefly on the table in the café area. When she returned to the table a few minutes later, her black and white purse was missing.

Officer Parisi then spoke to the store clerk, who said he knew three men were sitting in the café area for a long time and he started to get suspicious. As he was keeping a watchful eye on them, he saw one male (suspect 1) get up, pick up a purse and place it under his arm and then leave the store with it. The employee followed suspect 1 outside and asked him if he had taken a purse. Suspect 1 immediately denied this and then took off running towards Quincy Avenue.

Officer DesRoche went inside the café and spoke to the two males, known to him, who were seated with suspect 1. The males confirmed they were with suspect 1 eating when their "friend" got up and suddenly fled the store. They said suspect 1's name was "Sean" and he was homeless. Officer DesRoche, who is familiar with most of the people who hang around Quincy Square, asked the males to confirm the suspect's last name, and they did. The name of the suspect was given out to all officers in the area.

While Officer DesRoche was determining the name of the suspect, Officer Leuchte came across a male matching the description of the suspect, so he stopped him. After questioning him and hearing the name of suspect 1 over the air, this male was not the suspect. He did, however, have outstanding warrants and was placed under arrest.

LT. DAN MINTON

Officer DesRoche dealt with suspect 1 numerous times in the past and knew he stays in different locations in a tent in Faxon Park. Upon further questioning of the two remaining males, it was learned suspect 1 and the other male (witness 1) saw the victim walk away without her purse and the other male (suspect 2) stated "we should take that." Witness 1 told the officer about the conversation and told suspects 1 and 2 he wanted nothing to do with stealing the purse. This male then watched suspect 1 take the purse and leave the store.

The officers left the store the store to assist in the search for suspect 1. Officers went into Faxon Park to look for suspect 1 band checked numerous tents, but there was no sign of the suspect or the purse.

At this time, Officer Mahoney and his K-9 began tracking the scent left behind by the suspect. As officers were searching the area around the store, a couple of citizens were standing near a dumpster pointing toward it. Sgt. Ward notified other officers there could be a person in the dumpster. Officers surrounded the dumpster and ordered anyone inside to come out.

Suspect 2 emerged and was questioned as to what he was doing in there but he had no reasonable answer. He was sent on his way because he had not committed a crime at this time, although he did talk about taking the purse with suspect 1.

Meanwhile, Officer DesRoche, who was searching behind Kam Man Plaza on Quincy Avenue radioed he had located suspect 1, placed him under arrest and advised him of his Miranda rights.

He asked suspect 1 if he was in Tedeschi's a short time ago and the suspect initially said no, but then admitted to taking the purse and looking through it for cash. He said he threw it behind a storage container by a pizza place – later determined to be Gennaro's Eatery at 12 Blanchard Rd. During this time, Officer Mahoney was closing in on his tracking of Gennaro's. Officer Leuchte responded to the exact location where suspect 1 said he threw the purse and located it.

Officer DesRoche learned from suspect 1 that it was suspect 2 who pointed out the woman had left the purse unattended and that he would watch for her while suspect 1 grabbed it. The plan was for suspect 1 to throw the purse in the dumpster and he would meet him later and go through the purse.

Before being transported to the station, suspect 1 was brought to the scene of the crime where Officer Maloney had his K-9 sniff the suspect. Officer Maloney and the K-9 then picked up the track that led to the rear of Gennaro's.

Suspect 1 was transported to the station by Officer Parisi to be charged with larceny from a building. While in the booking area, Officer Michael Dougan located five Klonopin pills in suspect 1's wallet that were not prescribed, so he was also charged with possession of a class c drug.

The purse was returned to the victim.

As a result of the investigation, Officer Lanergan applied for a larceny from a building charge warrant for suspect 2, who was in the dumpster, which corroborated that he was part of the plan to steal the purse. This was a valuable piece of evidence/information because suspect 1 did not know suspect 2 was found in the dumpster.

Nice Work!

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Dec. 23 – 30
ARRESTS:
TOTAL CALLS:
STOLEN MOTOR VEHICLES:

FRIDAY, DEC. 23

VANDALISM/PROPERTY, 9:45 a.m., McDonald's, 275 Hancock St. Former employee who caused damage is now on scene. Manager requesting officer.

LARCENY, 10:38 a.m., Crane Library, 40 Washington St. Library materials.

LARCENY, 2:21 p.m., Quincy Car Wash, 459 Southern Arty. Sunglasses. No evidence of a crime. All advised. Clear.

LARCENY, 5:58 p.m., 200 Falls Blvd. Wife ran away and stole iPad. Government administered iPad. She ran away last week.

LARCENY, 7:26 p.m., Marshall's, 141 Newport Ave. Caller believes someone stole her wallet. Staff refusing to show her video until PD shows up. No suspect and management cannot look at the camera footage at this time.

LARCENY, 7:55 p.m., Sea Ave. LaserShip delivered package and item was not there when caller got home. Package was located on stoop. Unknown if accidentally taken by accident by neighbor.

SATURDAY, DEC. 24

BREAKING AND ENTERING, 9:52 a.m., Bethany Congregational Church, 18 Spear St. Parlor and side doors. Building checked. No suspect located.

LARCENY, 10:42 a.m., Stop & Shop, 495 Southern Arty. Cash.

VANDALISM/PROPERTY, 11:03 a.m., Phillips Bakery, Sumner St. Window smashed.

ASSAULT AND BATTERY, 8:04 p.m., Sea St. Caller states a known individual punched him in the face earlier tonight. Brewster notified to check out the person's injury. One taken to Carney Hospital.

VANDALISM/PROPERTY, 10:49 p.m., Commonwealth Ave. Caller came home to find a small rock had been thrown through his window. No suspects. Caller would like frequent checks.

SUNDAY, DEC. 25

BREAKING AND ENTERING, 12:35 a.m., Packards Ln. Caller came home to find front door had been kicked open and apartment trashed. Believes items were stolen as well. Caller did not find anyone in the apartment.

BREAKING AND ENTERING, 1:06 a.m., Billings St. Caller came home and saw his home was broken into. No suspect info at this time.

BREAKING AND ENTERING, 11:56 a.m., Hollis Ave. Caller's mother's house. Bulkhead is open. May have occurred last night.

MONDAY, DEC. 26

BREAKING AND ENTERING, 12:13 a.m., Taffrail Rd. Caller states someone broke into home earlier today. Window is broken. Stole a pearl necklace and less than $200 cash. Unsure what other items were taken.

MOTOR VEHICLE LARCENY, 5:30 a.m., Edwards St. Middleton PD spoke with person about vehicle that was involved in a motor vehicle hit and run in their city. She told them via phone that everyone in her home is accounted for and she is unsure who had the vehicle.

LARCENY, 1:26 p.m., Tedeschi Food Shop, 85 Quincy Ave. White male in a black coat took a woman's pocketbook and fled toward Citizen's Bank in the rear. Update on description: Early 20s, blue pants, black jacket with hood. Party inside dumpster at Citizens Bank. Arrest made.

TUESDAY, DEC. 27

LARCENY, 9:32 a.m., Quincy Shore Dr. AC cover. Wind blew it away. It has been located and reapplied.

BREAKING AND ENTERING, 5:03 p.m., Planet Fitness, 50 Adams St. Purse stolen out of locker.

BREAKING AND ENTERING, 7:54 p.m., Morton St. Ex-roommate broke into her room over holiday.

WEDNESDAY, DEC. 28

MOTOR VEHICLE LARCENY, 7:46 a.m., Shore Ave. 2010 Subaru Impreza. No records of tow, repossession. State and Boston PD contacted regarding queries of vehicle. Boston PD contacted QPD about reported stolen vehicle out of this city that was involved in accident earlier this morning.

LARCENY, 11:22 a.m., 2 Hancock St. Jewelry.

LARCENY, 1:49 p.m., Vane St. Package.

LARCENY, 3:49 p.m., 198 W. Squantum St. Package. Gone on arrival.

LARCENY, 6:30 p.m., Walmart, 301 Falls Blvd. Caller states she lost her wallet in Walmart on Friday. She called Saturday and they said they had it. When she picked it up her credit cards, ID and cash were missing.

THURSDAY, DEC. 29

ASSAULT AND BATTERY, 7:59 a.m., 1515 Hancock St. Female threw cop of coffee at male, outside building. Gone on arrival. Unable to locate. Wrong number on file.

LARCENY, 2:48 p.m., 2:48 p.m., 100 Coveway. Possibly a B&E. Party lost keys over holidays and is now missing jewelry.

LARCENY, 5:41 p.m., Arthur St. Caller states she woke up and found her cellphone missing and her money scattered all over her table. Possibly confused. Party found the key. No services needed.

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug Hot-Line at 617-328-4527.** You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755.**

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719.** My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

QUINCY ANIMAL SHELTER

56 Broad Street, Quincy • 617-376-1349
quincyanimalshelter.org

IN-SHELTER ADOPTION HOURS
TUESDAY and THURSDAYS 6:00 to 8:00 pm
SATURDAYS 10 am - 4 pm

Adoption fees include initial vaccinations and Spay/Neuter as needed. 100% volunteer run, new volunteers always needed.

FOR LOST or FOUND ANIMALS call ANIMAL CONTROL at 617-376-1364

AVAILABLE CATS

CC: 7, female, calico
Annie: 3, female, tabby
Silvia: 6, female gray & white
Laura: 3, female, black
Irene: 5, female, black & white
Prince: 9, male, black & white
Noelle: 1, female, tortie
Zuri: 2, female, gray
Claus: 2 1/2, male, gray tabby
Desi: 4, male, black & white

RELIGION

Bethany Congregational

On Sunday, January 8, Bethany Congregational Church, Quincy Center, will have a Worship Service at 10:00 a.m. The Rev. Peter M. Preble will conduct the service and preach a sermon entitled "Possibilities Unfolding." Fellowship with light refreshments will follow the worship service.

All are welcome to attend Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon, and 1 to 4 p.m. Please visit us at our Web Page: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service on Sundays, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

'Feast Of Lights Epiphany Celebration' Sunday

All are invited to the 41st Annual "Feast of Lights Epiphany Celebration" hosted by the Inter-Church Council of Wollaston and North Quincy.

The service will be held on Sunday, Jan. 8 at 3 p.m. at Sacred Heart Church, 386 Hancock St., North Quincy.

Local clergy will read scripture and lead prayer and the Quincy Catholic Collaborative will host a shared choir. The Rev. Alissa Oleson, pastor of Good Shepherd Lutheran Church, will preach.

An offering collected during the service will be donated to Interfaith Social Services, Quincy Crisis Center, Father Bill's & Mainspring, and D.O.V.E. (DOmestive Violence Ended).

Following the service there will be a collation in the lower church hall. All are welcome.

Houghs Neck Congregational Church

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Liturgist Christine Keating will call to worship and read the scripture lesson. Steve Reed, Minister of Music, will direct the choir.

Shirley Pearson and Joseph Flores will serve for the Diaconate. Pastor Felix Carrion will lead the service and preach his sermon "Start With Stewardship."

The children will go to Sunday school after the Children's Message. Nursery is available for infants and toddlers up to age 2 years 9 months.

A fellowship coffee hour is hosted by Nancy Jacobs. Everyone is welcome.

Church Council meets Tuesday at 7 p.m. in the Gordon Room.

Choir rehearses Wednesdays at 7 p.m. in the choir room.

Yoga continues on Thursdays at 7 p.m. and Saturdays at 10 a.m. with Amy Ross in Fellowship Hall.

Union Congregational

The Rev. John Swanson, pastor of Union Congregational Church, corner and Beach Street and Rawson Road in Wollaston, will preach the sermon topic "The Wrath of Herod" at the 10 a.m. worship service Sunday.

The Gospel of Matthew tells the story of what is known as 'The slaughter of the Innocents,' (Matthew 2:13-18). This is the story of how King Herod ordered the slaughter of all boys age two and younger in Bethlehem. This was Herod's reaction to the birth of Jesus.

A fellowship hour follows the Sunday worship service. All are welcome.

For more information call the church at 617-479-6661.

Quincy Point Congregational Church

Happy New Year and Peace to all from Quincy Point Congregational Church, 444 Washington St.

Sunday worship service Jan. 8th begins at 10 a.m. Peter Johnston will be preaching a sermon titled, *"Of Cabbages and Kings."*

The church is handicap accessible via the Abbey Road side of the building. Following worship there will be coffee and light refreshments in the social hall located on the lower floor. All are welcome.

Want to resolve to help people in your community? Help the church collect nonperishable foods to be delivered to the Interfaith Social Services Food pantry. ISS assists South Shore community families in need in a multitude of ways like food, attire, counseling or utility/rent assistance.

Food items are collected at the church the third Sunday of every month.

Book Signing Jan. 22 At Kennedy Center

A book signing by retired EMT Kevin James O'Brien will be held at the Kennedy Center, 440 East Squantum St., North Quincy, on Sunday, Jan. 22 at 2 p.m.

A volume of three plays entitled Edgeworth Plays: The Oxford Ordinary, The Rose of Charles Street, and Wake Me tell the stories of the lives of Irish families in the neighborhoods of Boston.

In "Wake Me," O'Brien uses vivid, colorful language to develop his characters as they progress through a series of Irish wakes over a period of forty years. A local bar, "The Oxford Ordinary," is the setting for a cast of unforgettable characters who are visited by an attractive stranger with a mysterious mission which keeps them and the reader guessing. "The Rose of Charles Street" tells the story of the conflicts, loves and losses of two middle-aged sisters as they recall and try to recapture events of the past.

O'Brien will be available for questions and comments at the end of a selected reading. Refreshments will be served.

To attend this event call the Kennedy Center at (617) 376-1506 to register.

More News Online at www.thequincysun.com

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Latin Mass
1st & 3rd Wednesdays
(Lower Chapel) 7:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible & Handicapped parking, side entrance air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will lead the service & preach the sermon "Start With Stewardship"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service at 10AM
Rev. Peter M. Preble will conduct the service and preach the sermon "Possibilities Unfolding"
Child Care Available
For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service
The church is wheelchair accessible

PEACE

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

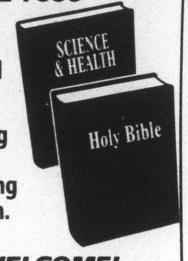
UNION CONGREGATIONAL
Beach St. & Rawson Rd., Wollaston
(617)479-6661
Rev. John Swanson, Pastor
Sunday Worship Service 10 AM

QUINCY POINT CONGREGATIONAL
444 Washington St . • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.


ALL ARE WELCOME!

Nazarene

Wollaston
Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service
(Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

To Advertise in this Directory, Call 617-471-3100

OBITUARIES

Mary C. Fichtner, 64

MARY C. FICHTNER

A funeral Mass for Mary C. (Heffernan) Fichtner, age 64, of Barrington, R.I., formerly of North Quincy, was celebrated Tuesday in Sacred Heart Church, Quincy.

Mrs. Fichtner died peacefully Dec. 28 at Hope Hospice & Palliative Care Rhode Island in Providence, surrounded by her loving family.

She was born in Boston on Sept. 18, 1952 to the late Leo G. and Catherine T. (Lindsay) Heffernan. She was raised and educated in Dorchester and Quincy schools and was a graduate of North Quincy High School. She had lived in Rhode Island for five years and previously in North Quincy and Braintree.

Mrs. Fichtner had worked in the financial industry for several years at State Street in North Quincy before returning to college to pursue a career in nursing. She attended Quincy College and graduated from the Laboure School of Nursing in Dorchester. As a registered nurse, Mrs. Fichtner was most recently involved in pediatric homecare nursing.

Mrs. Fichtner enjoyed ceramics, vacationing on Cape Cod and supported her local Audubon society. She was dedicated to her family and especially to her two cherished grandchildren.

Former wife of the late Robert P. Fichtner. Devoted mother of Kristen A. Fichtner of East Sandwich, Lauren F. Capizzo and her husband Christian of Barrington, Rhode Island. Loving Nana of Beckett and Ellyson Capizzo. Dear sister of William F. Heffernan and his wife Kathy of Braintree and James K. Heffernan of Quincy. Mary is also survived by four nieces and several aunts, uncles, and cousins.

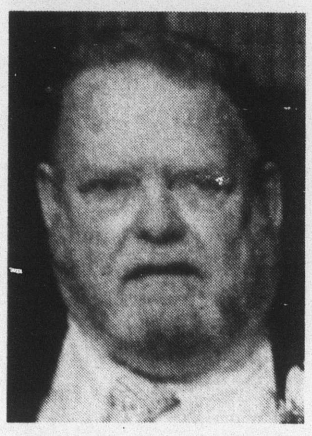
Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to The Memorial Sloan Kettering Cycle for Survival (Team: The Cutters – NYC) at https://www.cycleforsurvival.org/donate.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Daniel McCallum, 74



DANIEL McCALLUM

A funeral Mass for Daniel McCallum, 74, of Hanover, formerly of Quincy, was celebrated Dec. 21 at St. Ann's Church, Quincy.

Mr. McCallum died Dec. 27.

He was the devoted husband for 43 years to Irene McCallum (Albertazzi). Dedicated father of Danny Mike McCallum and his wife Susanne of Whitman, Diana Skwierawski and her husband James of Taunton, and Elise McCallum of Taunton. He also leaves behind his three grandchildren Eric, Mikey and Emily.

Mr. McCallum served his country in the United States Army during the Vietnam War. He was employed by Filene's Basement for 36 years and TJ Maxx for 10 years. He loved fishing, baseball and hockey. He loved watching his grandchildren Eric and Mikey playing sports and he also enjoyed picking up his granddaughter Emily at her bus stop every day.

Funeral arrangements were made by Lydon Chapel for Funerals, 644 Hancock St., Quincy.

Memorial donations may be made to the DAV, 85 Willow St., Malden, MA 02148.

For more information and online condolences please visit lydonchapelforfunerals.com.

Anita J. Hill, 84

A memorial Mass for Anita J. (Pacetti) Hill, 84, a lifelong resident of Quincy, was celebrated Dec. 31 in St. John the Baptist Church, Quincy.

Mrs. Hill died at Marina Bay Nursing and Rehabilitation Center on Dec. 27.

She was the wife of the late Herbert E. Hill. Born in Quincy on April 17, 1932, she was the daughter of the late Joseph and Annunciata (Benedetti) Pacetti.

Mrs. Hill was a graduate of Quincy High School and had worked for the former Boston Gear Works in North Quincy. She was known as a very generous and giving person, always willing to lend a helping hand.

Mother of the late Elizabeth and Jennifer Hill. She is survived by her grandchildren, Kyle Russo of Quincy and Sydney Cummings of Stoughton; great-grandmother of Lilliana and Luca Russo. She was also the sister of the late Gloria Sproul and Joseph Pacetti.

Funeral arrangements were made by Bolea-Buonfiglio Funeral Home, 116 Franklin St., Quincy.

Frederick R. Strobel, 79

Frederick Richard "Fred" Strobel, 79, of Quincy, recently of St. Louis Park, Minn., (moved from Florida in 2014), died Dec. 22.

He will be sorely missed, but he leaves his family with optimism, humor, and grace.

Dr. Strobel was born on Aug. 21, 1937, in Quincy of Francis Joseph Strobel of Boston, and Emily Anne (Picard) Strobel of Edmundston, New Brunswick, Canada.

Fred is survived by daughters Heidi (of Evansville, Ind., husband Paul Bone, children Wyatt and Genevieve) and Gretchen Strobel (St. Louis Park, Minn.). Gretchen worked very hard to maintain his quality of life and independence in his last years. Dr. Strobel was preceded in death by his parents and brother Gib Strobel of South Weymouth. He is survived by his sister, Anne Marie (Strobel) Ciarfella of Quincy, and her children Susan Ciarfella, Trisha (Rick) Keefe and Paul (Kate) Ciarfella. Other survivors include nephews Michael (Andrea) and Jeffery (Beth) Strobel and niece Lisa (Frank) Monti. Also survived by his former wife, Marilyn (Cooke) Strobel of Billerica.

Dr. Strobel will be missed by his Minnesota friends Daniel, George, Bob, Ron, and Patty. He was graced by fantastic and loving caregivers Katie, Catrina, Roselidah, Allexa, and Becki, as well as the staff at Jones-Harrison, especially Leno, Pamela, and Will. Monumental thanks to Deb H. at Fairview who personally scheduled his loving caregivers.

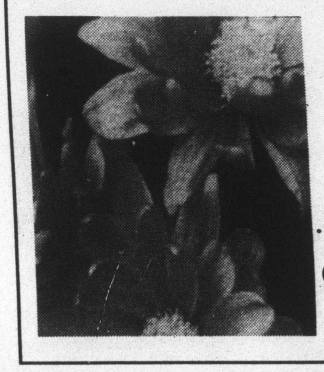
Dr. Strobel graduated from North Quincy High School in 1955 and graduated from Northeastern University with B.S. in accounting in 1960 and an MBA in 1962. He served in the U.S. Army Finance Corps, leaving in 1964 as a 1st lieutenant after two years of service. He earned an MA in economics in 1967 en route to a Ph.D. in economics from Clark University in 1969.

Dr. Strobel taught at Clark University and Holy Cross College between 1967-70, moving to Atlanta in 1970 to work at the Federal Reserve Bank. From 1974-1994, he taught economics at Kalamazoo College, holding the Stephen B. Monroe Chair of Money and Banking. Dr. Strobel moved to Sarasota, Florida, in 1994 to teach at New College-University of South Florida, where he held the William G. and Marie Selby Chair of Economics until 2008.

Throughout his life, he remained concerned with economic justice. He predicted much of the economic struggles of the working class in this country in his two books Upward Dreams, Downward Mobility: The Economic Decline of the American Middle Class (1993) and The Coming Class War and How to Avoid It (1999).

Memorial donations may be made to the donor's choice or Kalamazoo College Fund at kzoo.edu/onlinegiving.

Services will be held privately. See keohane.com for online condolences.



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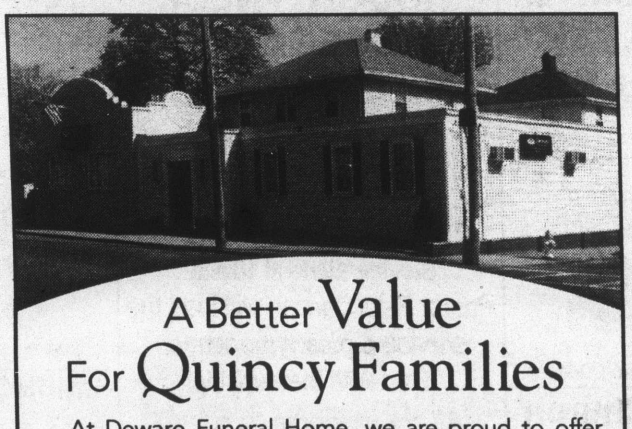

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Patricia A. Sullivan

A funeral Mass for Patricia A. (Regan) Sullivan of Quincy, formerly of Fall River, will be celebrated at 10 a.m. Friday in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy.

Mrs. Sullivan died Dec. 31.

She was a teacher at Sacred Heart School in North Quincy for 23 years. Mrs. Sullivan was born in Fall River and had lived in Quincy for over 50 years. She will be greatly missed by all who knew her.

PATRICIA A. SULLIVAN

Wife of the late John C. Sullivan. Mother of John Sullivan and his wife Kathy of Braintree, Richard Sullivan and his wife Joan of Southbridge, Robert Sullivan and his wife Linda of Barrington, RI, Marianne Towle and her husband Steven of Hingham, Susan Rielly and her husband Paul of Plymouth, and the late Patty Sullivan. Sister of Eileen Plichta of Fall River and the late Mary Duffy. Grandmother of Christian Sullivan, Derek and Colleen Towle, Laura Towle and Greg Hein, Stephanie and Ryan Jones, Jennifer and Kevin Rogers, Theresa Sullivan, Shannon and Steve Maggio, Patrick Rielly, Timothy and Matthew Sullivan. Also survived by 10 great-grandchildren.

Visiting hours are 4 to 8 p.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at St. Patrick's Cemetery, Fall River.

Memorial donations may be made to Father Bill's Place, Development Office, 422 Washington St., Quincy, MA 02169 or to Catholic Charities, 51 Sleeper St., Boston, MA 02210.

Ida M. Jay

A funeral Mass for Ida May (Sharkey) Jay of Quincy was celebrated Wednesday in St. Ann's Church, Quincy.

Mrs. Jay died Dec. 28

She was a long-term resident of Quincy. She loved spending time with her family, especially her grandchildren. Family was the cornerstone of her life. Mrs. Jay will be remembered for her gentleness and strength. She will be sadly missed but never forgotten.

Dear wife to the late Franklin Jay. Cherished mother to Owen Jay of Toronto, Canada, Paul Jay and his wife Jean of Marshfield, Suanne Jay of Naples, FL, Denise J. Perdios and her husband Don Perdios of Braintree and Kevin Jay of Braintree. Loving Nana to Christopher, Andrea, Patrick, Karoline, Alexandra, Kevin, Ryan and Owen.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St.

Memorial donations may be made to St. Jude Children's Research Hospital.

See keohane.com or call 1-800-Keohane for directions and online condolences

Alex S. Makuski, 83

Alex S. Makuski, age 83, of Quincy, died peacefully Sunday at Saint Elizabeth's Medical Center in Boston, surrounded by his loving family.

Mr. Makuski was born in Stevens Point, Wisconsin, on Sept. 13, 1933, to the late Bernard J. and Catherine (Sigmund) Makuski. He was a graduate of P.J. Jacobs High School and also earned an associate degree in police science. He had lived in Quincy for thirty-five years.

Mr. Makuski was employed as a police officer in Stevens Point, Wisconsin, for twenty years and later worked as the chief security officer for the O'Connell Management Company in Quincy. Mr. Makuski served in the U.S. Air Force during the Cuban missile crisis and also in the U.S. Army. He enjoyed hunting and fishing and was a member of the NRA.

He was a devoted member of the Most Blessed Sacrament Church of the Holy Trinity Parish in Quincy's Houghs Neck.

Beloved husband for thirty-five years of Barbara A. (O'Connell) Makuski. Devoted father of Sharon Barber and her husband Arthur and Stephen Makuski, all of WI, and Michelle L. Disher of Weymouth. Alex was one of eight siblings and is survived by one brother, three sisters and many nieces and nephews.

ALEX S. MAKUSKI

At the request of the family, interment services, with military honors at the Massachusetts National Cemetery in Bourne, will be private.

Memorial donations may be made to Holy Trinity Parish, c/o 227 Sea St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy. You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Judith L. Larson

Judith L. Larson of Quincy died at South Shore Hospital on Dec. 26

Born in Boston, she was a graduate of Quincy High School, Class of 1954. Mrs. Larson worked for Northeast Airline and Delta Airline as a supervisor. She later became a court stenographer, retiring in 1996.

Daughter of the late Ernest O. and Irma (Bryan) Larson. Sister of Gloria B. MacCarthy of Marshfield and Jerold B. Larson of Hingham. She is survived by several nieces, nephews, grandnieces and grandnephews.

Funeral services were private.

Arrangements by Dolan Funeral Home, Milton.

Elaine M. Doherty

A funeral Mass for Elaine M. (Flaherty) Doherty of Quincy was celebrated Tuesday in St. Agatha Church, Milton.

Mrs. Doherty died peacefully surrounded by her children at home on Dec. 28 after a long and courageous battle with cancer.

ELAINE M. DOHERTY

Most beloved mother of Colleen Kane and her husband Michael of Mansfield, Dan Doherty and his wife Chelsea of Boston and Stephen P. Doherty, Jr. of Chicago. Loving daughter of Helen "Penny" (McLaughlin) Flaherty of Mansfield and the late Thomas E. Flaherty. Sister of Terri McGrath of Raynham, Ann Bottini of Brockton, Kathy Vose of Raynham, Judy Durkin of Franklin and Thomas E. Flaherty, Jr. of Stoughton. Cherished Nana of Harrison, Kinsley and Benson. She is also survived by many nieces and nephews.

Mrs. Doherty previously worked for State Street Bank in business management. She enjoyed traveling, hosting in her home, her book club, sewing, and interior decorating but her children and grandchildren brought her the most joy. Her family and her faith were the cornerstone of all that was truly important to her. She will be sadly missed by all those who were blessed to have known her.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to American Cancer Society, 30 Speen St., Framingham, MA 01701.

Social Justice Forum Thursday

Local activists and community members will highlight ways to participate in upcoming and ongoing movements for social justice in the era of a Trump presidency during a forum scheduled for tonight (Thursday).

The forum will be held from 7 to 9 p.m. in the United First Parish Church at 1306 Hancock St. in Quincy Center.

Speakers will address actions being planned for inauguration weekend as well as ways people can plug into already existing organizing efforts around anti-racism and police brutality, reproductive rights, immigration, labor struggles and other issues affecting communities.

The event is sponsored by the South Shores Peoples Network and South Shore Coalition for Human Rights.

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NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-087

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Brian & Chun Yang Chen for a Finding to finish the 3rd floor attic to give each unit a one-bedroom each and two full bathrooms in violation of Title 17 as amended Chapter 3.4 (nonconforming) on the premises numbered 38-40 COPELAND STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

NOTICE OF PUBLIC HEARING

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City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-088

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Eric X. Zhao for a Finding to change the use from sales and preparation of dental products to production and sales of sushi in violation of Title 17 as amended Chapter 3.4.2 (nonconforming uses) on the premises numbered 329A NEWPORT AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

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Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Minh Van & Thanh Pham for a Variance to subdivide the lot and create a new lot for a 3 story, 3-unit townhouse in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements) on the premises numbered 74-76 LANCASTER STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

QUINCY HIGH SCHOOL varsity basketball cheerleaders showed their holiday spirit at recent games donning Santa hats. Cheering for this seasons's squad are (kneeling from left): Shilan Arda, Sonia Soto, Jackie Goodfellow, Lorena Martinez, Stephanie Henriquez and Drew Murphy. Second from (from left): Allison O'Reilly, Lauren Anshewitz, Shelagh Holler, Captain Melanie Engren, Liz Roos, Tynierah Cantave and Ayanna Jones. Third row: Mackinley Bosse, Jordan O'Connor, Kaitlynn Mcadam, Erin Collins and Kristine Prewitt.

Photo Courtesy Nancy McNulty

State Urges Drivers: 'Don't Crowd The Plow'

Cont'd From Page 1

roadway."

"So far this season, we have seen an increase in the number of snowplows and spreaders being struck by cars," said Highway Administrator Tinlin. "This can be a dangerous situation that threatens the safety of motorists as well as our MassDOT crews and contractors who are working hard to clear and treat the roadways to ensure safe travel."

"The law requires you to drive at a speed that is reasonable given the conditions around you, and state troopers have discretion to determine if you are going at a speed greater than reasonable given the weather and other conditions," said Colonel McKeon. "But don't just slow down to avoid a ticket. Slow down to protect yourself, your passengers, and other motorists around you."

"When road conditions are poor, and when plows are working, it is especially important that drivers pay attention," said Director Larason. "Snow plows have a job to do and they need room to do it. Put the phone down, slow down, wear your seat belt and be patient."

In the first four snow events this year statewide, eight snowplows were struck by other vehicles. A fully loaded snowplow weighs roughly 20 times more than the average passenger vehicle, which can lead to a dangerous situation for drivers that are following too closely behind a snow plow or are distracted and not devoting their full attention to the roadway.

MassDOT will be displaying informational messages as part of its "Don't Crowd the Plow" campaign on 80 of its VMS messaging boards along highways throughout the state. A graphic of this message will also be displayed on over 60 billboards across the Commonwealth.

Drivers are also encouraged to lower their speeds during inclement weather and use the appropriate resources to make an informed decision regarding their travel plans. MassDOT strongly urges drivers to always wear their seatbelts, minimize distractions, turn off or put away cellphones and devote their full attention to what is ahead on the road.

For updates on road and traffic conditions drivers can:

For updates on road and traffic conditions drivers can:

• Utilize MassDOT?s Real-Time Traffic ('Go-Time) informational displays by visiting: http://www.massdot.state.ma.us/highway/TrafficTravelResources/TrafficInformationMap.aspx

• Dial 511 and select a route to hear real-time conditions on I-90 and other roads.

• Visit www.mass511.com, a website which provides real-time traffic and incident advisory information, and allows users to subscribe to text and email alerts for traffic conditions.

Follow MassDOT on Twitter @MassDOT to receive regular updates on road and traffic conditions and MassDOT's efforts to treat major highways throughout the Commonwealth.

Other important winter driving tips include:

• Clear snow and ice from all windows and lights - even the hood and roof- before driving.

• Leave plenty of room for stopping.

• Remember the posted speed limits are for dry pavement.

• Use brakes carefully. Brake early. Brake correctly. It takes more time and distance to stop in adverse conditions.

• Bridge decks freeze first. Due to the difference in the exposure to air, the surface condition can be worse on a bridge than on the approach road.

Exit ramps are an even greater challenge during the winter since they may have received less anti-icing material than the main line.

Remember to slow down. Also, seat belts should be worn at all times - it's the law.

Mite B Team Improving

The Quincy Mite B team continued their remarkable improvement under Coach Bob Roche. There has been a steady remarkable improvement since the first game of the year.

On Dec. 31st, the team lost a close back and forth game to Milton, 5-4. The teams traded the last four goals in a seven- minute span. The Quincy team was led by Charlie Horne's hat trick. Patrick Clifford scored the final goal, while Nevin Roche and John Dellababar each had an assist.

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Retirement Planning Tips From Social Security

By KRISTEN ALBERINO

Social Security Public Affairs Specialist

It's 2017, and that means you might be one more year closer to retirement. Whether you're at your very first job or wrapping up a successful career, there are always new things to learn about when it comes to saving for the future. So why not make retirement planning part of your New Year's resolution!

Securing today and tomorrow

Putting money in a high yield savings account (if you can find one) is always smart, but you can do even more. The U.S. Department of the Treasury now offers a retirement savings option called myRA. There's no minimum to open the account, you can contribute what you can afford, and you can withdraw funds with ease. To learn more about myRA, visit www.myra.gov/.

Hopefully your employer chips in a little. An employer-sponsored retirement plan or 401(k) can be a useful way to set aside funds for retirement, especially if your employer offers matching funds on what you invest. If you don't work for an employer that offers this type of plan, there are many other plans designed to help you save for retirement.

From solo 401(k)s to traditional and Roth IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

And, as always, there is Social Security, which is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a my Social Security account at www.socialsecurity.gov/myaccount.

Along with giving up bad habits, this New Year start a good habit that can make a lasting, positive change.

❑

It's that time of year again. Preparing for tax season can seem overwhelming. Some forms and paperwork might be difficult to track down. If you misplaced your Benefits Statement or haven't received it by the end of January, we've made it easy for you to go online to request a replacement with my Social Security.

An SSA-1099, also called a Benefit Statement, is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the previous year so people know how much Social Security income to report to the IRS on their tax return.

For noncitizens who live outside of the United States and received or repaid Social Security benefits last year, we'll send form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

If you currently live in the United States and need a replacement form SSA-1099, we have a way for you to get a replacement quickly and easily. Go online and request a replacement form with a my Social Security account at www.socialsecurity.gov/myaccount. Online replacement forms are available beginning February 1, 2017.

Every working person in the U.S. should create a my Social Security account. The secure and personalized features of my Social Security are invaluable in securing a comfortable retirement — for today and tomorrow.

❑

Social Security is always innovating and improving our technology to better serve you. In an effort to meet our goal to deliver innovative, quality services, we are improving how you can check the status of your Social Security benefit application online.

Placing the "Application Status" feature behind our my Social Security portal provides a secure service delivery channel that will allow the Agency to provide detailed status information without requiring a confirmation number.

Our first service improvement will include status information for Social Security and SSI benefits initial claims and appeals, but future modifications will allow you to check the status of medical and non-medical redeterminations.

With the new Application Status, you will see:

• the Re-entry number for in-progress online applications;

• detailed information about the current status of the application or appeal;

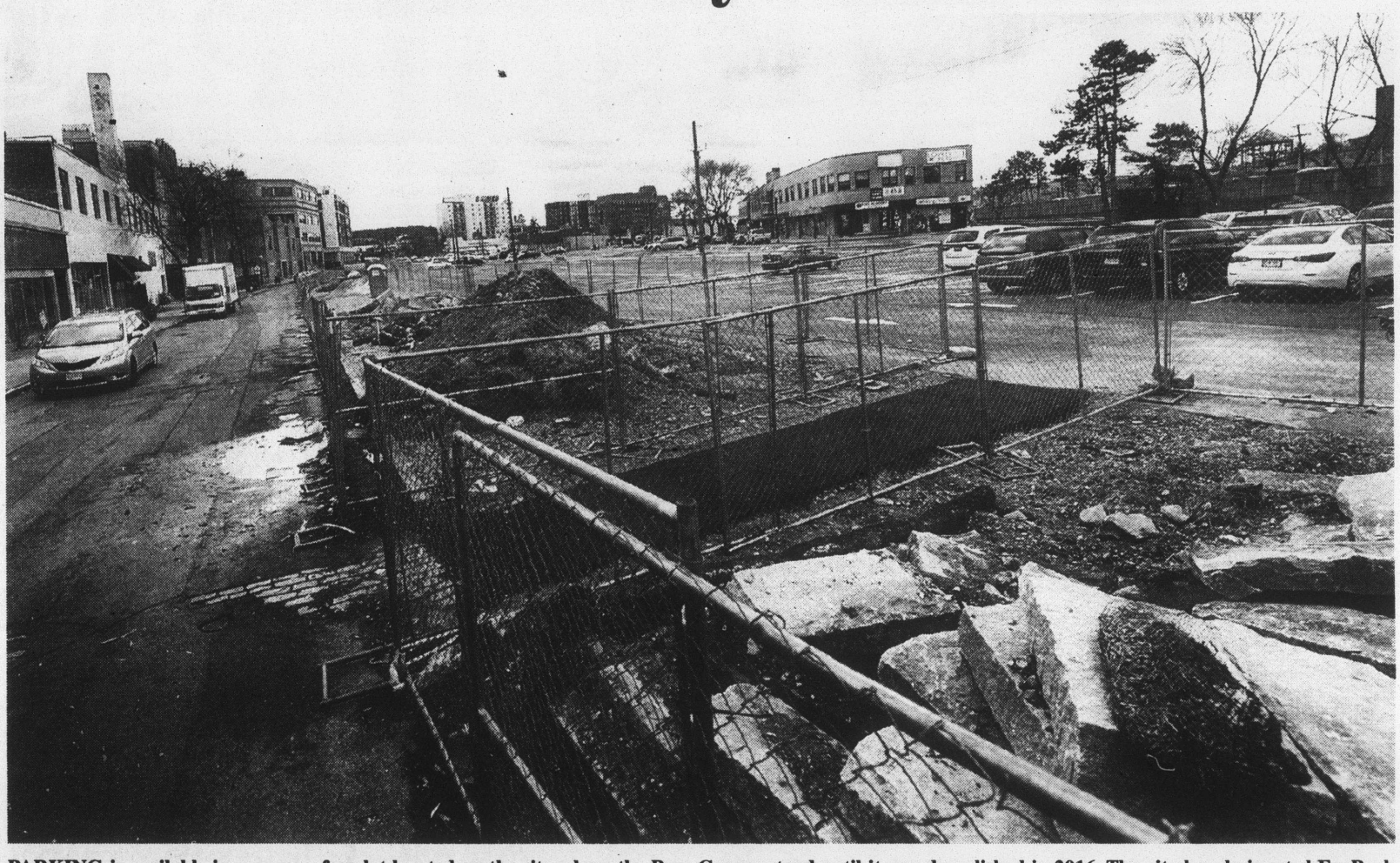
• the location where your claim is being processed; and

• scheduled hearing information for appeals.

Log into my Social Security to see what other personalized features are available to you at www.socialsecurity.gov/myaccount.

Koch To Give 'State Of City' Address Jan. 31

Cont'd From Page 15



PARKING is available in a new surface lot located on the site where the Ross Garage stood until it was demolished in 2016. The city has designated FoxRock Properties of North Quincy as the developer for the area, and a large commercial project with a new parking garage is anticipated on site. The City Council would have to approve an agreement – still being negotiated – with the developer before the project could commence. *Quincy Sun Photo/Robert Bosworth*

"You could have at-grade parking and have the building above that," he said. "So no, I don't think that we're restricted just to the garage for parking."

The mayor in December designated FoxRock Properties as the developer for the former Ross Garage site; the North Quincy-based company also reached an agreement with Steward Health Care to purchase the Quincy Medical Center site on Whitwell Street and pursue long-term medical uses there.

Koch said the city will negotiate a land disposition agreement with FoxRock for the Ross Garage site, where a commercial building and new garage are anticipated.

"We have a lot of work ahead of us to get to the point of coming to an agreement, which would then require council approval. It will be another LDA essentially," he said.

"We're looking at a major commercial building – not residential, but a major commercial building – for that site and we'd be looking at another major parking structure to be part of that project."

Koch announced an initiative to overhaul the city's trash and recycling collection program last fall. The centerpiece of the proposal is the purchase of uniform barrels – one for trash and the other recycling – that would be given to households in the city. The new program is aimed at increasing recycling – which over time would offset the cost of the new barrels – and improve cleanliness of the city.

The details of the plan are still being finalized, which Koch expects to happen this month.

"We've got a number of internal meetings and we'll make some final decisions on recommendations and then go to the council with a package and an implementation schedule at that point," Koch said.

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• By reporting a loss due to theft, it helps management and the local Police Department create a pattern such as a time period and specific items being taken. It also helps law enforcement in reviewing video from security cameras for suspects.

• Get creative! Disguise an empty hygiene container into a hiding place for valuables!

QUINCY HIGH SCHOOL varsity basketball cheerleaders showed their holiday spirit at recent games donning Santa hats. Cheering for this seasons's squad are (kneeling from left): Shilan Arda, Sonia Soto, Jackie Goodfellow, Lorena Martinez, Stephanie Henriquez and Drew Murphy. Second from (from left): Allison O'Reilly, Lauren Anshewitz, Shelagh Holler, Captain Melanie Engren, Liz Roos, Tynierah Cantave and Ayanna Jones. Third row: Mackinley Bosse, Jordan O'Connor, Kaitlynn Mcadam, Erin Collins and Kristine Prewitt. *Photo Courtesy Nancy McNulty*

Retirement Planning Tips From Social Security

By KRISTEN ALBERINO
Social Security Public Affairs Specialist

It's 2017, and that means you might be one more year closer to retirement. Whether you're at your very first job or wrapping up a successful career, there are always new things to learn about when it comes to saving for the future. So why not make retirement planning part of your New Year's resolution!

Securing today and tomorrow

Putting money in a high yield savings account (if you can find one) is always smart, but you can do even more. The U.S. Department of the Treasury now offers a retirement savings option called myRA. There's no minimum to open the account, you can contribute what you can afford, and you can withdraw funds with ease. To learn more about myRA, visit www.myra.gov/.

Hopefully your employer chips in a little. An employer-sponsored retirement plan or 401(k) can be a useful way to set aside funds for retirement, especially if your employer offers matching funds on what you invest. If you don't work for an employer that offers this type of plan, there are many other plans designed to help you save for retirement.

From solo 401(k)s to traditional and Roth IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

And, as always, there is Social Security, which is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a my Social Security account at www.socialsecurity.gov/myaccount.

Along with giving up bad habits, this New Year start a good habit that can make a lasting, positive change.

❑

It's that time of year again. Preparing for tax season can seem overwhelming. Some forms and paperwork might be difficult to track down. If you misplaced your Benefits Statement or haven't received it by the end of January, we've made it easy for you to go online to request a replacement with my Social Security.

An SSA-1099, also called a Benefit Statement, is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the previous year so people know how much Social Security income to report to the IRS on their tax return.

For noncitizens who live outside of the United States and received or repaid Social Security benefits last year, we'll send form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

If you currently live in the United States and need a replacement form SSA-1099, we have a way for you to get a replacement quickly and easily. Go online and request a replacement form with a my Social Security account at www.socialsecurity.gov/myaccount. Online replacement forms are available beginning February 1, 2017.

Every working person in the U.S. should create a my Social Security account. The secure and personalized features of my Social Security are invaluable in securing a comfortable retirement — for today and tomorrow.

❑

Social Security is always innovating and improving our technology to better serve you. In an effort to meet our goal to deliver innovative, quality services, we are improving how you can check the status of your Social Security benefit application online.

Placing the "Application Status" feature behind our my Social Security portal provides a secure service delivery channel that will allow the Agency to provide detailed status information without requiring a confirmation number.

Our first service improvement will include status information for Social Security and SSI benefits initial claims and appeals, but future modifications will allow you to check the status of medical and non-medical redeterminations.

With the new Application Status, you will see:

- the Re-entry number for in-progress online applications;
- detailed information about the current status of the application or appeal;
- the location where your claim is being processed; and
- scheduled hearing information for appeals.

Log into my Social Security to see what other personalized features are available to you at www.socialsecurity.gov/myaccount.

State Urges Drivers: 'Don't Crowd The Plow'

Cont'd From Page 1

roadway."

"So far this season, we have seen an increase in the number of snowplows and spreaders being struck by cars," said Highway Administrator Tinlin. "This can be a dangerous situation that threatens the safety of motorists as well as our MassDOT crews and contractors who are working hard to clear and treat the roadways to ensure safe travel."

"The law requires you to drive at a speed that is reasonable given the conditions around you, and state troopers have discretion to determine if you are going at a speed greater than reasonable given the weather and other conditions," said Colonel McKeon. "But don't just slow down to avoid a ticket. Slow down to protect yourself, your passengers, and other motorists around you."

"When road conditions are poor, and when plows are working, it is especially important that drivers pay attention," said Director Larason. "Snow plows have a job to do and they need room to do it. Put the phone down, slow down, wear your seat belt and be patient."

In the first four snow events this year statewide, eight snowplows were struck by other vehicles. A fully loaded snowplow weighs roughly 20 times more than the average passenger vehicle, which can lead to a dangerous situation for drivers that are following too closely behind a snow plow or are distracted and not devoting their full attention to the roadway.

MassDOT will be displaying informational messages as part of its "Don't Crowd the Plow" campaign on 80 of its VMS messaging boards along highways throughout the state. A graphic of this message will also be displayed on over 60 billboards across the Commonwealth.

Drivers are also encouraged to lower their speeds during inclement weather and use the appropriate resources to make an informed decision regarding their travel plans. MassDOT strongly urges drivers to always wear their seatbelts, minimize distractions, turn off or put away cellphones and devote their full attention to what is ahead on the road.

For updates on road and traffic conditions drivers can:

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- Utilize MassDOT?s Real-Time Traffic ('Go-Time) informational displays by visiting: http://www.massdot.state.ma.us/highway/TrafficTravelResources/TrafficIinformationMap.aspx
- Dial 511 and select a route to hear real-time conditions on I-90 and other roads.
- Visit www.mass511.com, a website which provides real-time traffic and incident advisory information, and allows users to subscribe to text and email alerts for traffic conditions.

Follow MassDOT on Twitter @MassDOT to receive regular updates on road and traffic conditions and MassDOT's efforts to treat major highways throughout the Commonwealth.

Other important winter driving tips include:

- Clear snow and ice from all windows and lights - even the hood and roof- before driving.
- Leave plenty of room for stopping.
- Remember the posted speed limits are for dry pavement.
- Use brakes carefully. Brake early. Brake correctly. It takes more time and distance to stop in adverse conditions.
- Bridge decks freeze first. Due to the difference in the exposure to air, the surface condition can be worse on a bridge than on the approach road.

Exit ramps are an even greater challenge during the winter since they may have received less anti-icing material than the main line.

Remember to slow down. Also, seat belts should be worn at all times - it's the law.

Mite B Team Improving

The Quincy Mite B team continued their remarkable improvement under Coach Bob Roche. There has been a steady remarkable improvement since the first game of the year.

On Dec. 31st, the team lost a close back and forth game to Milton, 5-4. The teams traded the last four goals in a seven- minute span. The Quincy team was led by Charlie Horne's hat trick. Patrick Clifford scored the final goal, while Nevin Roche and John Dellababar each had an assist.

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Koch To Give 'State Of City' Address Jan. 31

Cont'd From Page 15

PARKING is available in a new surface lot located on the site where the Ross Garage stood until it was demolished in 2016. The city has designated FoxRock Properties of North Quincy as the developer for the area, and a large commercial project with a new parking garage is anticipated on site. The City Council would have to approve an agreement – still being negotiated – with the developer before the project could commence. *Quincy Sun Photo/Robert Bosworth*

"You could have at-grade parking and have the building above that," he said. "So no, I don't think that we're restricted just to the garage for parking."

The mayor in December designated FoxRock Properties as the developer for the former Ross Garage site; the North Quincy-based company also reached an agreement with Steward Health Care to purchase the Quincy Medical Center site on Whitwell Street and pursue long-term medical uses there.

Koch said the city will negotiate a land disposition agreement with FoxRock for the Ross Garage site, where a commercial building and new garage are anticipated.

"We have a lot of work ahead of us to get to the point of coming to an agreement, which would then require council approval. It will be another LDA essentially," he said.

"We're looking at a major commercial building – not residential, but a major commercial building – for that site and we'd be looking at another major parking structure to be part of that project."

Koch announced an initiative to overhaul the city's trash and recycling collection program last fall. The centerpiece of the proposal is the purchase of uniform barrels – one for trash and the other recycling – that would be given to households in the city. The new program is aimed at increasing recycling – which over time would offset the cost of the new barrels – and improve cleanliness of the city.

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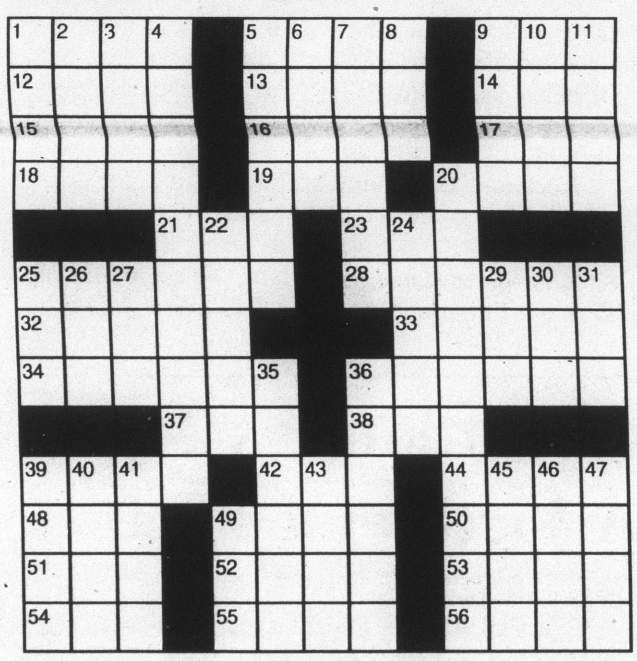
SUN FUN PAGE

King Crossword

ACROSS
1 Rebuff a masher
5 Whip
9 Vanna's cohort
12 Twosome
13 Reverberate
14 Center
15 — -European
16 Part of Q.E.D.
17 "Monty Python" opener
18 Egg container?
19 Symbol of intrigue
20 Hoofbeat sound
21 Mound stat
23 Sib
25 Like wet snow
28 There
32 Pot
33 Of service
34 Construction pieces
36 Prepares to propose
37 Bottom line
38 Egos' counterparts
39 Crooked
42 Under the weather
44 "G.W.T.W." plantation
48 Regret
49 Verbal
50 Enthusiastic, plus
51 "All the Things You —"
52 Exhaust-pipe output
53 Undressed
54 Pantheon member
55 Unoriginal one
56 Ball-bearing items

DOWN
1 Whirl
2 Nathan of Broadway
3 Helps
4 Lutheran, e.g.
5 Room to maneuver
6 Farm fraction
7 Down-at-the-heels
8 Stolen
9 Donahue or Collins
10 Car
11 Recipe meas.
20 Potential winner
22 Lyricist's specialty
24 Circular
25 Take to the slopes
26 U.K. pol. party
27 Multipurpose truck
29 Conk out
30 Right angle
31 Scale members
35 Rouse
36 Strikingly effective
39 Boast
40 Continental coin
41 Requisite
43 Like some excuses
45 Chills and fever
46 Took the shuttle
47 Quite some time
49 Son-gun link



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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Strap is missing. 2. Post is missing. 3. Skateboard is missing. 4. Collar is different. 5. Stripe is missing. 6. Number is changed.

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New! 24 HOCUS FOCUS puzzles $3.50 • 24 Volumes • Order at: rbmamall.com

Trivia test by Fifi Rodriguez

1. ASTRONOMY: What makes the planet Mars appear red?

2. INVENTIONS: What is the Latin meaning of the velocipede, an early type of bicycle?

3. GEOGRAPHY: What is the largest freshwater swamp in North America?

4. MEDICINE: What are vasodilators?

5. HISTORY: When did Canada win its independence?

6. MUSIC: Which 20th-century bandleader was known as "the king of swing"?

7. GENERAL KNOWLEDGE: What type of plant was used to make the first paper?

8. MOVIES: What was Indiana Jones' trademark weapon in the movie series?

9. LITERATURE: In Shakespeare's play, what is Julius Caesar warned about just before his death?

10. LANGUAGE: What is the name for bird eggs that were laid at the same time?

Answers

1. Abundance of iron oxide
2. Swift foot
3. Okefenokee
4. Medicines that dilate blood vessels
5. 1867
6. Benny Goodman
7. Papyrus
8. Bullwhip
9. The Ides of March
10. A clutch

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Salome's Stars

ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

LIBRA (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

BORN THIS WEEK: You embody a love for traditional values combined with an appreciation of what's new and challenging.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **D** equals **B**

G RPMY HNCJJAM GDPBJ RPZADPLV HCJK G OAYGO UOGCZ PM KCR WNPWANJV UPBOL DA JCJOAL "OCAM PM ZA."

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MAGIC MAZE ● ON THE EDGE

U Q M J F B Y U R O K H D A X
U Q N K H E B Y V S P M J H E
B Y V Y T Q O L I B G D B Y W
T R P M R K I F D O B B Y W U
H S Q O M E K I S U G F D B Z
E C X W U S H Q M N N O N L B
J R A M H F D P I D I B C O M
A Y O E W V E L I A C G R I T
S Q P H B R I N K R N D R U N
L K I H S A F E C Y E T B A C
Z Y W V R E G N I R F P I L M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Beach	Bumpers	Lip	Rim
Border	Curb	Margins	Shore
Boundary	Fencing	Periphery	Trim
Brink	Fringe	Railing	

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3	8	4	2	6	4	3	7	2	5	7	4	2
S	P	F	C	A	I	E	J	O	D	O	N	N
3	2	5	7	6	7	5	8	7	4	6	3	5
R	Q	O	Y	N	F	N	L	R	I	A	V	O
7	5	4	3	4	5	3	8	6	8	7	3	6
O	T	S	E	H	G	O	A	L	Y	M	T	Y
8	2	4	6	4	3	4	8	4	2	4	3	8
H	U	P	Z	R	H	O	A	J	E	E	E	R
6	7	6	2	6	8	4	6	8	4	6	5	3
E	H	F	S	E	D	C	E	W	T	L	I	R
8	2	3	8	6	5	7	8	2	6	5	7	2
O	T	S	R	I	V	U	K	M	N	E	M	A
6	5	6	2	5	2	4	8	6	8	7	8	7
H	U	G	D	P	E	S	A	S	R	O	D	R

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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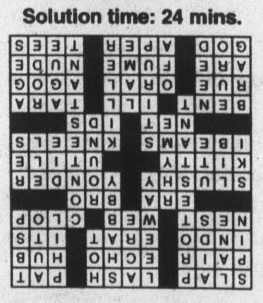
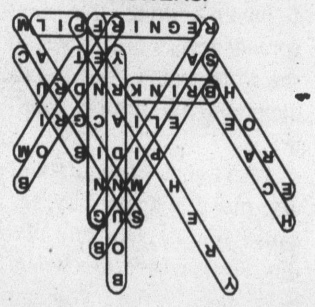
— King Crossword — Answers

Solution time: 24 mins.



Magic Maze ANSWERS:



Cyptoquip ANSWER:

A song written about somebody with a legal claim on his property could be titled "Lien On Me."

CLASSIFIEDS

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-085

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Todd Egan for a Special Permit/Variance to erect a 9-unit residential building with parking on the ground level in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 9.4 (special permit) on the premises numbered 92 SAGAMORE STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

NOTICE OF PUBLIC HEARING

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City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-086

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Sea Street Quincy LLC, Robert Galligan, Manager for a finding and parking variance to amend the Decisions previously issued in ZBA Case No. 4302 and Case No. 08-015, which require the lots to remain in common ownership in violation of Title 17, Section 3.4 (nonconforming structures) and Section 5.1 (off-street parking).

The parcel of land is located at 1269 Sea Street and is shown as Lot 1 on Assessors' plan no. 1010.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

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January 11, 2017
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In Memory of Big Mo & the Boss Lady
Daniel P. Moran &
Imelda C. Moran
Miss you both.
Dan & Kathy Moran & Family 1/5

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1250 Hancock St., Presidents Place

NEW STORE ON THE BLOCK
1183 Hancock St., Quincy Ctr. T Station

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HANCOCK PARK LOBBY SHOP
164 Parkingway

FRANKLIN ST. BP
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7-11
78 Franklin St.

CVS
178 Washington St.
Braintree

SHOP N SAVE LIQUORS
20 Independence Ave.

DONUT + DONUTS
33 Scammell St.

PRESIDENTIAL LIQUORS
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1000 Southern Artery

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495 Washington St.

DAIRY FARM
330 Washington St.

7-11
230 Washington St.

STOP & SHOP
Southern Artery

CVS
Southern Artery

BAXTER'S PHARMACY
385 Washington St.

TEDESCHI'S
650 Adams St.

7-11
678 Adams St.

VILLAGE COMM. MARKET
100 Willard St.

COPELAND LIQUORS
273 Copeland St.

GRANITE MART
308 Willard St.

7-11
Copeland St.

JOE'S PLACE
260 Centre St.

CORNER FOOD MARKET
1060 Hancock St.

200 FOOD MART
200 Sea St.

7-11
721 Hancock St.

BEALE ST. SMOKE SHOP
17 Beale St.

CVS
42 Beale St.

COFFEE BREAK CAFÉ
12 Old Colony Ave.

SUPREME LIQUORS
615 Hancock St.

BIG Y
475 Hancock St.

RITE-AID
475 Hancock St.

MULLANEY'S VARIETY
205 W. Squantum St.

STOP & SHOP
65 Newport Ave.

7-11
363 Hancock St.

WALGREENS
324 Hancock St.

RED APPLE FOOD SHOP
48 Billings Rd.

SAM'S VARIETY
125 Billings Rd.

LUCKY'S WINE & LIQUOR
66 Newbury Ave.

ATLANTIC MARKET & LIQUORS
247 Atlantic Ave.

CVS
321 Quincy Shore Dr.

7-11
85 Quincy Ave.

DAILY MART
291 Quincy Ave.

ROCHE BROTHERS
The Falls

WALGREENS
418 Quincy Ave.

CORNER FOOD SHOP
171 West St.

PALMER STREET MARKET
231 Palmer St.

BERNIE'S GENERAL STORE
1147 Sea St.

WEST ELM VARIETY
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TEDESCHI'S
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LUCKY SHAMROCK
265 Beale St.

ANDRE'S STORE
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EVEREST MARKET
121 Standish Ave.

ADAMS SHORE SUPERMARKET
494 Sea St.

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169

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❑ Enclosed is $ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

FIREFIGHTERS were recognized for treating the skydiver who broke his leg Dec. 3 while landing at Pageant Field dressed as Santa Claus. The firefighters were presented with Firemark Awards from Liberty Mutual Insurance. Pictured (from left) are recipients Deputy Chief Jack Cadegan, firefighters Chris Stivaletta and Steve Chencharik, Capt. Jim Kennedy, and firefighters Steve Sweet and Sean Breslin. Missing is firefighter Jon O'Driscoll.

COUGHLIN family of Squantum – Andrea, Abigail, John and Anthony – were recognized by Liberty Mutual for collecting greeting cards for the injured skydiver. More than 50 cards and packages were received and forwarded to the parachutist. *Quincy Sun Photos/Scott Jackson*

Firefighters Honored For Helping Injured Santa

Rushed To Skydiver's Side After Hard Landing At Pageant Field

By SCOTT JACKSON

The Quincy firefighters who tended to the skydiver – dressed as Santa Claus – who broke his leg while landing at Pageant Field were recognized for their actions.

Deputy Fire Chief Jack Cadegan, Capt. Jim Kennedy and firefighters Sean Breslin, Steve Chencharik, Jon O'Driscoll, Chris Stivaletta and Steve Sweet received Firemark Awards from Liberty Mutual Insurance during a brief ceremony Dec. 28 at the Wollaston Firehouse.

Patrick Powers, a senior branch manager for Liberty Mutual, presented the awards.

"It's a thank you from the Quincy community for saving Christmas," he said. "Without you guys we don't know if Santa would have been able to come around."

The firefighters had been nominated by a member of the community who was present Dec. 3, when the parachutist broke his leg while attempting to land at Pageant Field.

The firefighters were at the field that day as they customarily are – Santa usually rides on Engine 4 after making a safe landing and greeting those in attendance – and rushed to treat the injured man when he made a hard landing.

"I'm glad we we're there on scene when it happened, and I'm glad we had the equipment to treat him," Kennedy said.

Liberty Mutual the Firemark Awards throughout the year. Annually, one first place winner is chosen from amongst all recipients. That firefighter's department receives a $10,000 grant, and the firefighters and his or her family receives a trip to New York City, including the Statue of Liberty and National September 11 Memorial.

The Coughlin family of Squantum – John and Andrea, and children Abigail and Anthony – were also recognized during the ceremony for organizing a campaign to send get-well cards to the injured parachutist.

Powers presented them with certificates of appreciation and $100 in Target gift cards.

Abigail, a sixth grader at Atlantic Middle School, launched the campaign because she wanted as a way to thank the injured skydiver.

"I just felt bad Santa got hurt," she said. "He does this for the community and the community should give back to him."

John Coughlin, a Quincy firefighter, said the family received more than 50 letters and care packages from the community and elsewhere – including several from out of state – that were then forwarded to the skydiver.

A former Army Rangers paratrooper, John was at the field Dec. 3 to watch the air drop. He said he believes the skydiver would be back to do it again.

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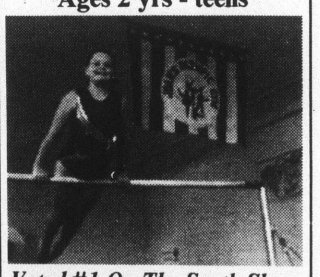

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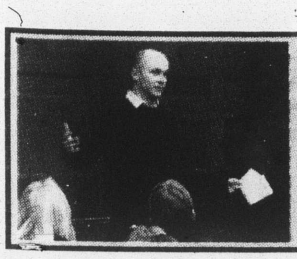

Activists Seek Quincy As Sanctuary City - *Page 6*

$275,000 For School Bubbler, Sink Repairs - *Page 3*

Conservation Approves New HN Boat Ramp - *Page 13*

2 **********CAR-RT LOT**C-004
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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 49 No. 17 | Thursday, January 12, 2017 | 75¢

ABOUT 50 BRAVE souls plunged into the 39-degree water at the Houghs Neck Public Landing Saturday raising $1,800 for the Atherton Hough School PTO. Leading this group of plungers out of the water is Atherton Hough fifth grader Alex Galligan-Kuntupis. Story, other photos on Pages 14 and 15. *Quincy Sun Photo/Robert Bosworth*

Hancock Lot Parcel Value: $940,000

Councillors Discuss Appraisal, Plans For New Parking Garage As Part Of Proposed 15-Story Apartment-Retail Development

By SCOTT JACKSON

The portion of the Hancock Lot that would be sold to a local developer aspiring to construct a 15-story high-rise apartment building on site is valued at $940,000, according to an appraisal presented to city councillors Monday night.

The council held its third meeting on developer Peter O'Connell's proposed Chestnut Place building Monday and spent nearly three hours reviewing the plan, although no vote was taken. The council will resume its examination of the deal Jan. 23.

Under a land disposition agreement proposed by Mayor Thomas Koch, the city would sell O'Connell a 13,526 square-foot portion of the Hancock Lot – located on the Dennis Ryan Parkway opposite the Quincy District Courthouse – on which Chestnut Place would be built. The 15-story building would include 124 apartments and 4,200 square feet of first floor retail space.

The land that would be sold to O'Connell has a market value of $940,000, according to the appraisal completed on the city's behalf by the Foster Company of Leominster. Chris Walker, a spokesman for the mayor, said Tuesday the appraised price would be the sale price included in the agreement between the city and O'Connell.

Pamela McKinney, a consultant for the city, said the appraisal is based on what the market would support for development on site without incentives from the city – the proposed agreement with O'Connell would not require the developer to pay property taxes on Chestnut Place, but the city would receive 10 percent of all revenue generated by the building.

Cont'd On Page 19

MLK, Jr. Breakfast Monday

Dr. Joshua L. Okallo Keynote Speaker

By SCOTT JACKSON

Joshua Lumumba Okallo, MD, will be the keynote speaker at the city of Quincy's 21st annual Martin Luther King, Jr. Breakfast.

The breakfast will be held Monday, Jan. 16, from 9 to 11 a.m. at the Germantown Neighborhood Center, 366 Palmer St.

Okallo provides comprehensive care for all ages – from prenatal to elder services – at Manet Community Health Center's North Quincy and Snug Harbor/ Germantown practice sites.

Born and raised in Dallas, he received his medical degree from Loma Linda University School of Medicine in California. He also completed his family medicine residency at Loma Linda, where he served as chief resident. He earned his Bachelor of Science in biology, magna cum laude,

Cont'd On Page 2

Norfolk County Real Estate Market Strong In 2016

While 2016 was in many ways a tumultuous year, both nationally and internationally, Register of Deeds William P. O'Donnell reports it was a solidly impressive one for the local Norfolk County real estate market.

"A review of 2016 showed a strong across-the-board performance when it came to Norfolk County real estate. During the year, the number of residential and commercial properties sold increased 4 percent."

In addition, the total volume of residential and commercial sales in 2016 came in at $9.1 billion, an impressive 12 percent increase year over year. The average sales price, for both residential and commercial, was $775,031, an increase of 8 percent over 2015.

Another positive economic indicator was the 167,600 land documents recorded, a 6 percent increase from the prior year. "These numbers indicate that Norfolk County remains a desirable location to raise a family and secure gainful employment," O'Donnell said.

The year 2016 was also a robust one for real estate financing in Norfolk County. A total of 34,159 mortgages were recorded, representing an 11 percent increase from 2015. Total mortgage financing closed at $19.3 billion, a 5 percent increase from the previous year.

"Clearly, a strong economy in eastern Massachusetts, coupled with low interest rates, were the key factors," O'Donnell said.

Norfolk County residents continued to avail themselves of the protections provided by the Homestead Act. A total of 12,573 Homesteads were recorded in 2016, a 4 percent increase over 2015.

"A Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to $500,000. I urge homeowners who have not recorded a Homestead against their primary residence to consider this valuable consumer protection tool," O'Donnell said.

One note of concern in an otherwise bright market was foreclosure activity. A total of 294 foreclosure deeds were filed in Norfolk County in 2016, compared to 250 in the previous year. In addition, Notice to Foreclose Mortgage, the first step in the foreclosure process, also increased by 3.7 percent.

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GOP's Hughes Attending Trump Inauguration - *Page 2*
Health Message: Animals And Our Health - *Page 9*
Sterling, QHS, NQHS Honor Rolls - *Pages 8, 10, 11*

More Quincy news:
The Quincy Sun.com

GOP's Hughes Headed To Trump Inauguration

By SCOTT JACKSON

Kirsten Hughes will be among the thousands present when Donald Trump is sworn-in as the 45th president of the United States on Jan. 20.

Hughes, the chairwoman of the Massachusetts Republican Party, is also preparing for the 2018 election cycle when Bay Staters elect a governor and U.S. senator.

Hughes, who is also president of the Quincy City Council, will spend much of next week in the nation's capital. This will be the second presidential inauguration she has attended – her first was in 1989 when George H.W. Bush was sworn-in.

KIRSTEN HUGHES

Before the inauguration itself, Hughes will join with fellow members of the Republican National Committee to elect a new chairman to replace Reince Preibus, who is set to become Trump's White House chief of staff.

"I am actually going Tuesday of that week because we have an RNC winter meeting where we will elect a new chairman, so I have to be there for that," Hughes said.

"We do a quarterly meeting every three or four months anyway; this is just our quarterly meeting that we're having Tuesday through Thursday, and then the inaugural festivities will start Thursday night and go through Saturday."

Hughes said she has fielded a number of requests for tickets to the inauguration and related events, but is unsure how many she will be able to fulfill.

"Right now we have no information from the inaugural committee on tickets or anything like that, which is much to everyone's chagrin," she said.

"We're not going to get a whole lot of stuff. That's just not how it works, plus there are three separate entities. The presidential inaugural committee handles the parade and those festivities. Congress actually controls the tickets for the swearing-in. The states that are doing balls – or the entities that are doing balls – that are not the inaugural committee balls, handle the tickets to that on their own.

"People think this is like the convention where it's just a one-stop shop – you go to the RNC for everything – totally not like that. The RNC, by virtue of what I do there, I have a ticket to everything, but [I have] a lot of requests from people looking for stuff…in terms of what I'm going to get, I just don't know. I'm very up front with people about that. I wish I could get everybody there who wants to go.

"I expect it will be quite a scene."

Hughes said the transition to the Trump White House would be "an interesting time."

"There are a lot of people – including Mayor Marty Walsh and the governor – saying we've got to wait and see, we've got to see what this guy is going to do," she said.

"I think there are going to be some things that people are going to be very pleasantly surprised and happy with, and there are obviously going to be issues where people totally disagree.

"Some of his cabinet appointments have been great. Others we'll just have to wait and see."

In particular, Hughes said she was happy with the selection of Preibus as chief of staff and Sean Spicer – formerly the RNC's communications director – as press secretary.

"I know Reince Preibus, the chief of staff. I've known him for a while now because he was the RNC chair, but I had a personal relationship with him as well. He's a great guy. He's a steady hand. If he's in the mix, I feel good about decisions," Hughes said.

"Sean Spicer, their press

Cont'd On Page 12

MLK, Jr. Breakfast Monday

Cont'd From Page 1

from Pacific Union College in Angwin, Calif.

Okallo decided to join a community health center setting and Manet in particular. One of his priorities is working with medically underserved populations.

"Manet's vision about where health care is going, and its plans to achieve that vision in getting resources to its patients, will help me reach my goal of building provider/patient relationships that promote health in many areas of patients' lives," he said.

DR. JOSHUA L. OKALLO

The expansion of Manet's North Quincy facility will include a center for primary care in public housing, and Okallo anticipates working closely with its patients. He is trained in advanced cardiovascular life support in adults, pediatrics, and obstetrics. He is a member of the American Academy of Family Physicians.

Other featured speakers at the event include Mayor Thomas Koch, Norfolk County District Attorney Michael Morrissey, and South Shore YMCA President and CEO Paul Gorman.

Scheduled to perform are the North Quincy High School Air Force Jr. ROTC, the Salah Foundation Music Center students and the Germantown Neighborhood Center teens, with direction from Christopher David James, family and youth Director; Kinson Theodoris, youth Director; and Conor McMahon, music director.

The community is invited to attend the event. Individual tickets may be purchased for $10; tickets for children and seniors are $5. Tables of 10 are also available.

For more information or reservations, contact the Germantown Neighborhood Center at 617-376-1384.

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The owner, Gerry Martocchio, his family and the staff want to thank you for another great holiday season!

Serving Quincy for 22 years!

We want to formally wish everyone a Merry Christmas and we hope everyone has a happy and healthy 2017!

$275,000 For School Bubbler, Sink Repairs

By SCOTT JACKSON

The City Council on Monday night appropriated $275,000 in free cash, the bulk of which will be used to de-lead water fountains and sinks throughout Quincy's school system.

Every fountain and sink in the city's schools – more than 650 fixtures in total – was tested for lead this fall. Of those, 126 fixtures – 100 sinks and 26 fountains – had lead levels exceeding 15 parts per billion, the action level for the heavy metal as determined by the U.S. Environmental Protection Agency and Massachusetts Department of Environmen-

Cont'd On Page 20

Quincy Police Adult Self Defense Program

Quincy Police will offer an Adult Self Defense Program Tuesday and Wednesday, Jan. 24th and Jan. 25th.

The two-night course will be held from 6 to approximately 8:30 p.m. at the Best Western Adams Inn, North Quincy.

This program is open to females aged 18 and up, 16 if with a parent/guardian. Attendance is required both nights because this is a progressive learning program.

There is no exam and no one is required to do anything that they do not feel comfortable with.

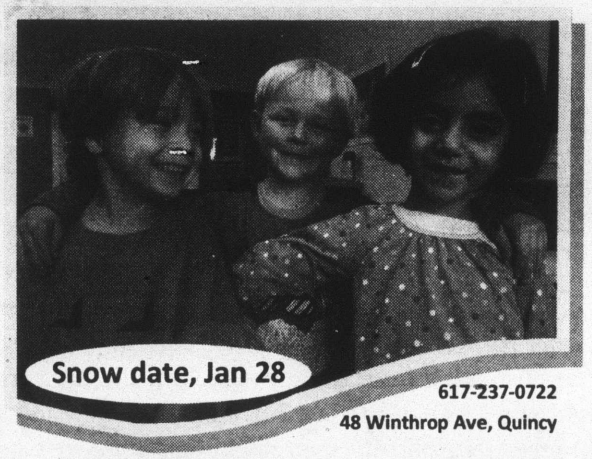
The first night involves learning strikes and blocks. The second night provides an opportunity to test your skills against an "attacker."

Bring a friend. To sign up or for more information, contact Lt. Dan Minton at 617-745-5719 or dminton@quincyma.gov.

Veterans Honored At Pinning Ceremony

IN RECOGNITION of Pearl Harbor Day, Hancock Park Adult Day Health Center, Quincy, held a pinning ceremony for members who are veterans. Sponsored by Good Shepherd Community Care, the ceremony was attended by the veterans' families, staff and fellow members. State Rep. Tackey Chan had the honor of pinning each veteran. It was a heart-warming time punctuated by tears and laughter as each veteran's name, branch of service and personal story was related. The event was coordinated by Lola Tom and Jennifer Sax of Good Shepherd Community Care and Heather Shattuck and Debby Nelson of Hancock Park. Seated - from left to right - Chuck Doherty of Quincy, Don Rioux of Braintree, and Jim Green and Jim Little, both of Quincy. Standing (from left): Lola Tom, Jennifer Sax, Donna O'Connell, director; Jose Silva, Debby Nelson, Anthony Belmonte of Quincy; Heather Shattuck and Rep. Tackey Chan. *Photo Courtesy Marie Rioux*

Wollaston Hill
MONTESSORI SCHOOL
Preschool & Kindergarten
Open House: Sat. Jan 21, 9am-11am



Snow date, Jan 28
617-237-0722
48 Winthrop Ave, Quincy
www.WollastonHillMontessori.com

Ask the GEMOLOGIST
BY JEFFREY M. BERTMAN
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Moments in time

THE HISTORY CHANNEL.

• On **Jan. 28, 1777**, British general John Burgoyne proposes an ill-fated plan to isolate New England from the other colonies by invading from Canada with 8,000 British troops. The plan failed, and Burgoyne surrendered his remaining 6,000 British forces to the Patriots at Saratoga.

• On Jan. 26, 1838, the first Prohibition law in U.S. history is passed in Tennessee, making it a misdemeanor to sell alcoholic beverages in taverns and stores.

• On Jan. 23, 1849, Elizabeth Blackwell is granted a medical degree from Geneva College in New York (now known as Hobart College), becoming the first female in the U.S. to be officially recognized as a physician.

• On Jan. 27, 1888, the National Geographic Society is founded in Washington, D.C. The 33 men who originally met and formed the National Geographic Society were a diverse group of geographers, explorers, teachers, lawyers, cartographers, military officers and financiers.

• On Jan. 24, 1908, the Boy Scouts movement begins in England with the publication of the first installment of Robert Baden-Powell's "Scouting for Boys." By the end of April, the serialization of Scouting for Boys was completed, and scores of impromptu Boy Scout troops had sprung up across Britain.

• On Jan. 29, 1922, as a blizzard dumps more than 2 feet of snow on Washington, D.C., snow buildup on the flat roof of the Knickerbocker Theatre collapses the building, and tons of steel and concrete crash down on 300 theatergoers attending a Saturday night movie. One hundred and eight people were killed.

• On Jan. 25, 1968, the Israeli submarine Dakar, carrying 69 sailors, disappears. The exact fate of the boat remains a mystery. The Dakar last radioed its position as it passed the island of Crete. It was never heard from again.

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Son Beams

By ROBERT BOSWORTH

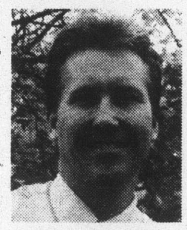
McDermott In Mix For Lt. Gov.?

Although he has yet to make it official, Republican Gov. Charlie Baker is considered a synch to seek a second term next year.

BAKER

A bigger question here is: will a Quincy Democrat be on the ticket aiming to unseat him.

There is some speculation that Quincy Democrat Patrick McDermott will be courted by party activists to run for lieutenant governor in 2018.



McDERMOTT

It's an interesting dynamic and McDermott could take the plunge for a bid for the state's second highest Constitutional office. He has the political resume and deep roots in the state Democratic party to make him a contender.

McDermott started his 14th year this month as the Norfolk County Register of Probate. Prior to being elected Register of Probate, he served as the Ward 3 city councillor.

McDermott's been a staunch Democrat and loyal party supporter throughout his years in public service. He was elected to the Democratic State Committee in 2004 after serving on the Ward 3 Democratic Committee since 1996. He was re-elected in 2008, 2012 and 2016.

McDermott has also served in a variety of posts and has significant experience in state-wide campaigns. He was district coordinator for Mark Roosevelt for Governor in 1994; coordinator for Shannon O'Brien for Governor in 2002; coordinator and surrogate for Deval Patrick for Governor in 2006 and 2010; district coordinator for Massachusetts Democrats Victory 2006, 2010, 2014; the Norfolk County coordinator for Joe Avelione for Governor 2014; and surrogate for Governor Martin O'Malley for President 2016.

McDermott has certainly paid his political dues to the state Democratic party serving at various times on Committees on Community Outreach, Education, Convention and Communications.

He should certainly get a good look from party leaders as far as potential candidates for state-wide office in 2018. McDermott's term as Norfolk County Register of Probate is not up for re-election until 2020 so he could opt to run for lieutenant governor without risking his current post.

He's certainly a name to watch as the playing field unfolds for the 2018 state election.

The biggest question for state Democrats next year will be: who challenges Baker for governor next year?

Names being speculated include former state senator and Cape Air founder Dan Wolf and Newton Mayor Setti Warren. One party activist said they have "begun putting out feelers, especially around the fundraising circles."

Warren is not seeking another term as mayor in Newton this year, leaving insiders to believe he may mount a gubernatorial campaign.

Another name is state Senator Mark Montigney from New Bedford. His campaign account has $950,000 fueling speculation that he could make a run at the corner office.

It's unlikely – but not completely out of the question – that state Attorney General Maura Healey could make a bid for governor next year, too. But the track record for Democrats holding Constitutional offices making the leap to the governor's office has not panned out in recent elections.

HEALEY

In 2014, former state AG Martha Coakley lost to Baker who had also sought the governor's office in 2010. In 2002, former state treasurer Shannon O'Brien lost to Republican Mitt Romney.

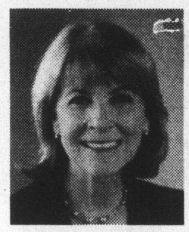
Healey was elected attorney general in 2014. Many think she will someday run for governor here but that some day may not be in 2018.

The other state-wide office holders who are also Democrats are Auditor Suzanne Bump, Treasurer Deb Goldberg and Secretary of State Bill Galvin. Most expect this trio to run for re-election next year.

Although it's too early to tell right now but some think Baker may be unbeatable for a second term. The Swampscott Republican is widely popular not only with citizens but also government colleagues at the State House. He's crossed party lines to work with Democratic party leaders and has managed to put resolving problems ahead of politics.

One local Democrat office holder recently told us: "Baker is doing everything right. He will be tough to beat next fall."

Those who think Baker is vulnerable will point to his slim margin of victory in 2014. Baker and lieutenant governor running mate Karyn Polito defeated Democrat Martha Coakley and running mate Steve Kerrigan by only 40,165 votes state-wide (1,044,573 or 48.4% to 1,004,408 or 46.5%.)



COAKLEY

Some think the governor's public support for Question 2 that called for authorizing up to 12 new charter schools per year in Massachusetts could also cause some push back from some voters. But the measure failed at the ballot box last November and few folks will probably make this their main issue when they go to the polls in 2018.

Besides the governor's race, another ballot highlight in 2018 will be the U.S. Senate race. Democrat Elizabeth Warren is seeking re-election. Republicans will be trying to find someone to challenge her.

❑

UMBRELLAS ANYONE? – There were two umbrellas left at the Community Leader Kettle fundraiser for the Salvation Army Dec. 7 outside Quincy City Hall. One is a red-and-white striped umbrella with a wooden handle; the other is a small red pop-up umbrella. Both are at the Quincy Sun office. Please email me at thequincysun@verizon.net if you are the owner. Would like to return these to the right individuals.

Solid Growth In 2016 For Norfolk County Real Estate Market

Cont'd From Page 1

"These numbers are quite sobering," O'Donnell said. "While one foreclosure is one too many, there is a silver lining in the fourth quarter of 2016, the Registry saw significant reductions in the number of Notice to Foreclose Mortgage filings. I am cautiously hopeful these trend lines will continue."

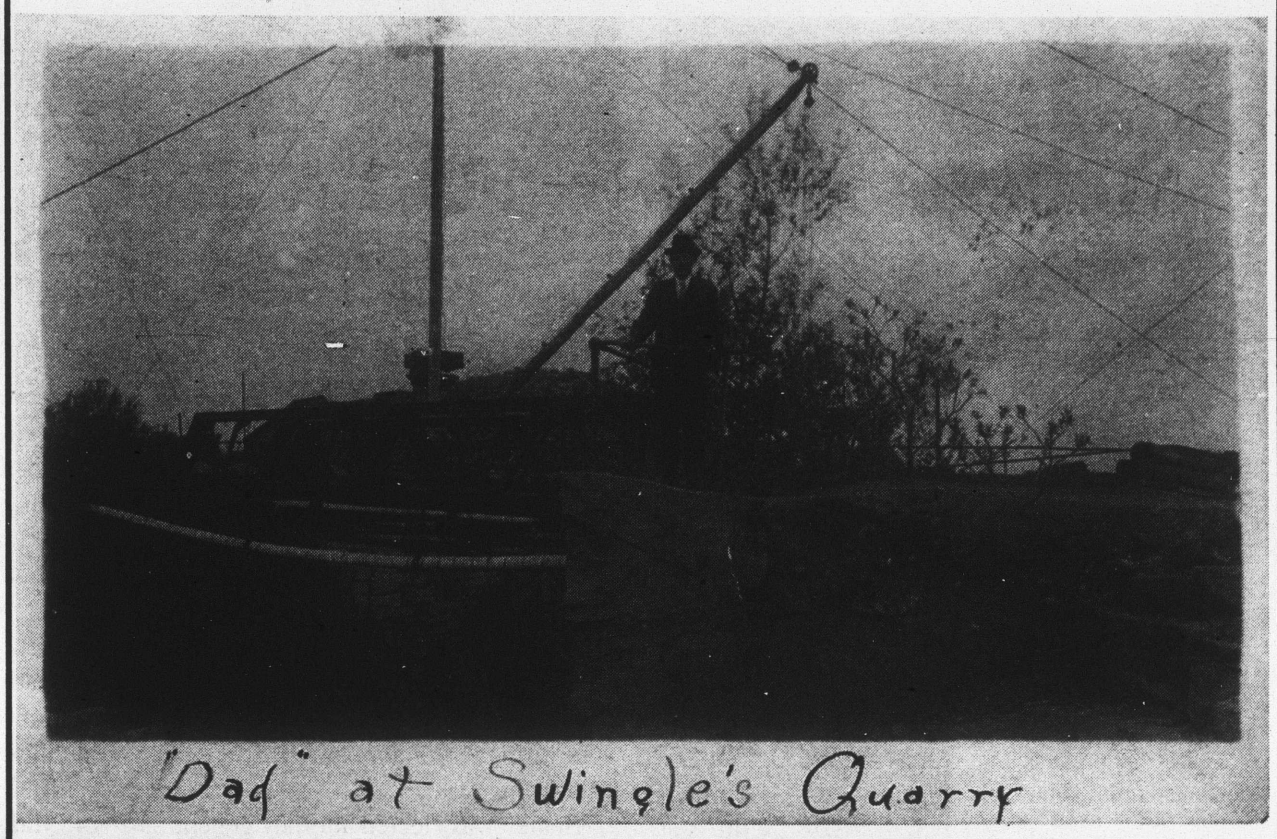
The Registry continues to partner with Quincy Community Action Programs at (617) 479-8181 x-376 and NeighborWorks Southern Mass at (508) 598-0950 to help anyone who has received a Notice to Foreclose Mortgage from a lender. Another option for consumers is to call the Massachusetts Attorney General's HomeCorps program at (617) 573-5333.

"Norfolk County real estate market experienced solid growth in 2016," O'Donnell said. "A strong economy in eastern Massachusetts, coupled with low interest rates, propelled consumers to spend on housing, even in light of the reduced inventory. In 2017, it will be interesting to see if this activity can be sustained, especially in light of the increase in interest rates by the Federal Reserve."

The Norfolk County Registry of Deeds, located at 649 High St., Dedham is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or on the web at www.norfolkdeeds.org.

Scenes From Yesterday



THIS IS A 1920 real photo West Quincy postcard showing the iron bridge at the gap where Swingles and Granite Rail Quarries abutted each other. It was built by Jonathan Swingle so his men could cross from side-to-side of his quarry. Swingles Quarry reached a depth of 350 feet so you can only imagine walking across this small bridge. It eventually toppled to the bottom and today lies under the thousands of tons of fill from the Ted Williams Tunnel. The man at the observation deck was Eric Eckblom, a Quincy stone cutter who had emigrated from Sweden. His grandson, Jay Eckblom, is the owner of President Press, Inc. on Columbia Street in South Quincy which was founded by his father Bert. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Quincy's Yesterdays

This Week
1977
40 Years Ago

3 Storms Wipe Out City's Snow Budget

Three snowstorms that wracked the city during the past two weeks have completely depleted the city's budget for snow removal, according to Mayor Joseph J. LaRaia.

LaRaia could not estimate the cost of snow removal for the three storms but said that the $118,588 budgeted for such costs for the year, covered only, "most of the first storm."

The city will have to borrow or transfer funds to fight future storms this year.

The city plowing crews could not keep up with the most recent snowfall and slicks of packed, glazed snow lined most of the city's side streets and few main roads.

$28.8 MILLION SCHOOL BUDGET PROPOSED

School Supt. Lawrence P. Creedon planned to present a $28.8 million school budget for 1977-78 to the School Committee, up a comparatively tiny 1.4 percent over that of 1976-77. In the past, increases ranged from 9.8 percent to 16 percent.

Dr. Creedon listed items in the proposed budget that were beyond the control of the budget makers, including staff salaries, heating and lighting costs and state mandated programs, all of which make up more than 90 percent of the budget.

QUINCY-ISMS

Louis Quintiliani, mayor of Santo Donato, Italy, was presented with a certificate making him an honorary citizen of Quincy. **Mayor LaRaia** made the presentation, along with **Councillor James A. Sheets**. Quincy businessman **Hugo Fabrizio,** a cousin of the Italian mayor, was also in attendance… The Presidential Cooperative Bank, 1 Granite St., corner of Hancock St., announced that effective Jan. 8, the bank would be open every Saturday from 10 a.m. to 2 p.m.… **Cheryl Shaw,** daughter of Mr. and Mrs. William Shaw, 171 Babcock St., Houghs Neck, was installed as Worthy Advisor of the Wollaston Rainbow Girls at ceremonies held at the Quincy Masonic Temple… **Marilyn Alcott,** a past president, and **Ellie Osborne,** were co-chairwomen for a food tasting party sponsored by the Quincy Emblem Club. The event was held at the Elks Hall, Hancock St., Quincy Center… Beth Israel Brotherhood was planning to honor School Supt. **Lawrence P. Creedon** as its "Man of the Year." The event is to be held Feb. 20 at Beth Israel Synagogue, Grafton St., Quincy Point… **Philip P. Gill, Jr.,** son of Philip P. Gill, 60 Victoria Rd., Merrymount, was promoted to Airman First Class in the Air Force. Gill is stationed at Homestead AF Base, Florida… Area clergymen, headed by **Rev. Dr. Peter V. Corea,** pastor of the Houghs Neck Congregational Church, were planning an "Ecumenical Prayer Service" for **President-elect Jimmy Carter**. The event is to be held at Houghs Neck Congregational Church, Jan. 19… **Mayor LaRaia** appointed **Simon C. Fireman** of 79 Dimmock St., and **David B. MacIntosh** of 293 Whitwell St., to five-year terms on the Quincy City Hospital Board of Managers… The Houghs Neck Community Council announced the names of five Houghs Neck residents to be honored at the annual Good Neighbor Honors Awards banquet to be held Feb. 15. To be honored are **Margaret "Peg" O'Connor, Francis "Shorty" Donovan, Lois** and **Bill Murphy** and **Jack Congdon**… **George Burke, former councillor, representative** and **district attorney** and his wife, **Sandra,** were planning to attend the inauguration of **Jimmy Carter** Jan. 20 in Washington, D.C… The double feature at the Wollaston Theater, Beale St., included "The Front," starring Woody Allen, and "For Pete's Sake," with Barbara Striesand… Quincy Junior College was advertising, "Lowest Tuition in Massachusetts-$19 Semester Hour for Residents"… **William A. Horick,** 27, of 24 French St., North Quincy, was recently appointed a patrolman on the Quincy Police Department… The Quincy Firefighters' Union ratified a two-year contract, which provided for a five- percent increase in the first year and an eight- percent increase in the second year… **Dr. Elliot Berman** of Quincy, a specialist in energy research, has been appointed research professor of applied science at Boston University… The Quincy Conservation Commission has given approval for the construction of a mini-park at Bicknell Street in lower Germantown that would include a new beach, as well as a Little League baseball field and a victory garden for senior citizens.

Readers Forum

January Is Glaucoma Awareness Month

Make a resolution to learn more.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But, did you realize that feeling your best includes seeing your best too?

January is Glaucoma Awareness Month – the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.

2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

3. In the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

4. Some people are at higher risk than others. African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

5. There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.

To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.

Cyn Davis
National Eye Health
Education Program

A Response To The Response

In response to the Jan. 5th letter to the editor re: tax increase: Mr. Charles Dennehy Jr. of W. Quincy responded to an editorial that I had written, and he claimed that I blamed the city tax increase on the City Council, which is not entirely true.

I said that the Mayor submits a budget, and the City Council approves it. In respect to Mayor Koch taking 13 businesses away for a road, and also putting in a new park in front of City Hall, is Mr. Dennehy Jr. saying that the Council had no vote/no say on these items? Furthermore, as noted by the editor, the Council voted unanimously in favor of funding the NQHS field.

I would like to take the opportunity to invite Mr. Dennehy Jr. to appear with me on my local TV show, *The Constitution: Then and Now*, so we can have a one-on-one discussion on this matter. I usually tape my shows on Wednesday afternoons, but I will be happy to adjust my schedule to accommodate Mr. Dennehy Jr. He must be a very busy man, after all.

It would be preferable than my receiving his texts, one of which called me an "a** kisser."

Don Kusser
Quincy

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Activists Call For Quincy To Be A Sanctuary City

By TOM GORMAN

As Donald Trump prepares to take office as the nation's 45th president, some local activists are rallying support to make Quincy a sanctuary city in response to his stand on undocumented immigrants.

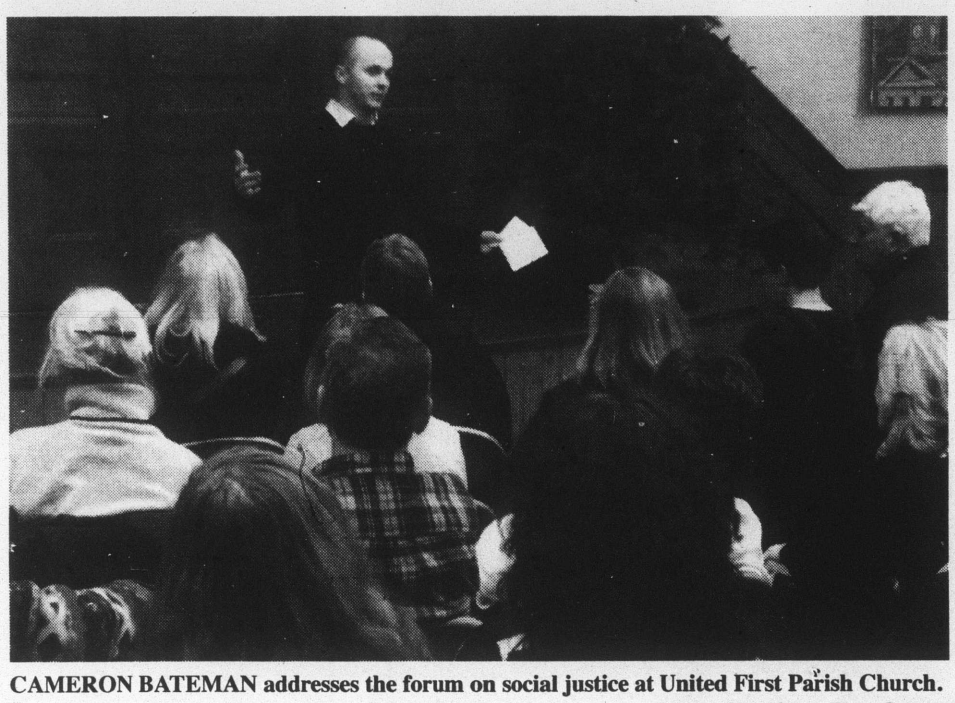
The issue was one of several discussed during a social justice forum hosted by the South Shore Coalition for Human Rights and the South Shore People's Network on Jan. 5 at the United First Parish Church. About 100 people, many of them Democratic presidential candidate Bernie Sanders supporters, gathered to organize grassroots efforts to take a stand against what they perceive as a threat by Trump to not only immigrants, but the rights of women and workers, healthcare and his rhetoric that has widened the racial divide in the country.

One of the event's organizers and speakers, Cameron Bateman of Quincy, said he was moved to rally efforts for Quincy to be a sanctuary city after his daughter's Asian classmates at the Bernazzani School were upset the day after Trump's election that they would be taken away as a result of his hardline campaign on immigration.

"They had to stop school during the day because some students were crying, thinking they would have to leave school and they would be separated from their parents," he said.

Bateman added that children need to feel safe and not worry about what they see and hear from someone on television talking about throwing immigrants out of the country.

"This has a long-term implication on their education," he said. "Children pick up more than we realize. (We need to tell them) that nobody is coming here (for you), you're safe here today, tomorrow and for evermore and your job is to focus on your studies."



CAMERON BATEMAN addresses the forum on social justice at United First Parish Church.

Quincy Sun photos/Tom Gorman

LILLY HUANG of Jobs for Justice, said that immigrant workers are at risk under a Trump administration.

Bateman also said that the fear of racial profiling by police could prevent some people from seeking help if they are in trouble. He said that under a Trump administration, anyone that looks suspect would be asked about their immigration status.

"People shouldn't have to worry about what could happen to them," he said.

Communist Party and South Shore People's Network member Nick Giannone of North Weymouth agreed that Quincy should be a sanctuary city given its slogan, "City of Immigrants" and noted that a mural in the Thomas Crane Library meeting room depicts a city welcoming all nationalities.

"If Quincy is going to stick to that slogan, it should look into being a sanctuary city," he said.

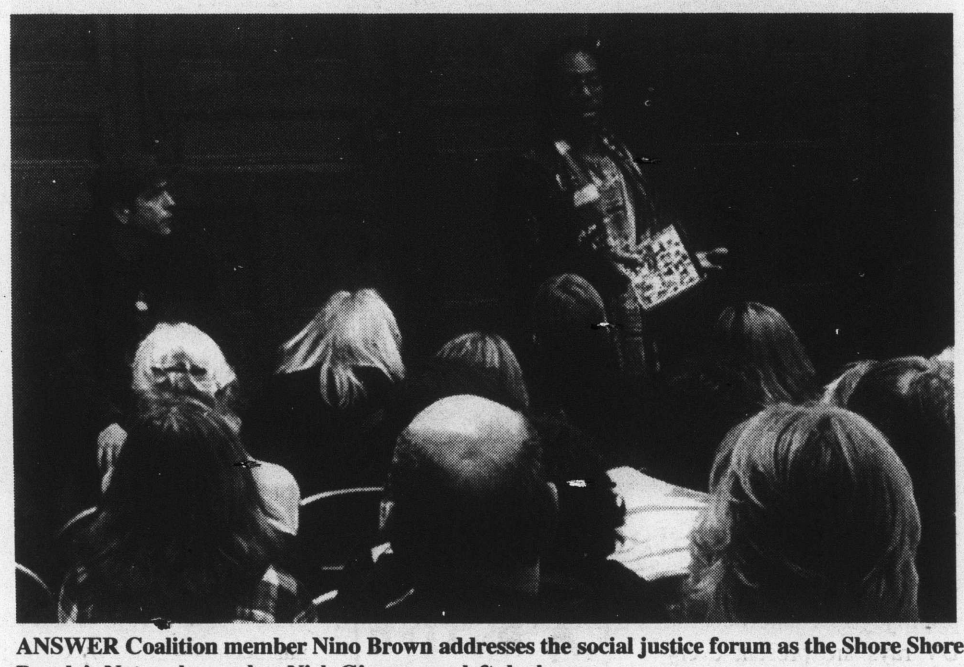
A sanctuary city is a community that has adopted a provision that protects undocumented immigrants and prevents police and other authorities from demanding a person's immigration status, even if the person is arrested.

Bateman, a healthcare worker, also said that everyone deserves equal access to good medical care.

"Regardless of who you are, regardless of where you came from, regardless of your circumstances, when you walk into that hospital, every single person needs to feel safe," he said. "When you walk through those doors, you don't need to worry about being asked the wrong question by the wrong person and choose between lifesaving care and disappearing from your family."

Lilly Huang, of Quincy, is a member of Jobs for Justice, a statewide coalition comprised of unions and community groups.

"We work together to defend working people and fight for policies and practices that better workers' lives," she said. "We empower people in the workplace, especially immigrants, so they know their rights in the workplace."



ANSWER Coalition member Nino Brown addresses the social justice forum as the Shore Shore People's Network member Nick Giannnone, left, looks on.

Huang said her organization also set up parent councils across the state to help immigrant students. Huang explained how she worked with Brazilian and other Central American parents in Framingham in a petition drive that successfully forced the school district to teach history, math and science to newly immigrated students in Spanish and Portuguese until their English language skills were proficient.

Boston Feminists for Liberation member Nicole Sullivan said that women's reproductive rights are at stake in the coming year.

"People think we are safe here for reproductive rights," she said. "I wish I could say that is true, but, we are not. Reproductive rights is for people who have money. Our society is set up for the rich and privileged."

Sullivan noted Quincy's Friends of the Unborn that shelter beds to pregnant women and said her organization is pushing for more access to abortion and reproductive care.

"We have to put pressure on our cities for more shelter beds that are safe havens for (pregnant) women," she said.

Nino Brown of the ANSWER (Act Now to Stop War and End Racism) Coalition, said there has been a bipartisan effort to increase funding for the military while funding at the local level is being cut for such needs as education.

"There is so much social investment that is needed," he said. "This nation continues to waste money on war and aggression while the domestic situation is just curdling like milk. We have seen that with the rise of demagogues like Trump."

Additionally, Brown said that because of Trump's rhetoric, tensions against minorities has elevated.

Sandy Eaton of Quincy, who worked at the defunct Quincy Medical Center, said Trump is seeking to cut Social Security, Medicare and repeal Obamacare.

"There is not a single person in this room whose healthcare is not at risk," he said. "If you're going to do away with Obamacare, you better have something to replace it."

Kevin Coleman of Randolph, a member of the South Shore Coalition for Human Rights, said the two-party system isn't going away anytime soon.

"We need to be involved in local Democratic Party committees," he said. "If it was good enough for Bernie Sanders, it's good enough for everyone in this room."

Peter Mullin said the best way to oppose Trump is by "Trump versus Trump."

"Use his own words in his own words and information," he said. "Shine the light on him and he will crumble. We should encourage groups to think about not just what we're against, but, what we're for."

Some of the organizers urged attendees to join them at protests and rallies against Trump on Boston Common and in Washington, D.C. on his inauguration day, Jan. 20.

Local Programming Highlights on ... QATV

Quincy Access Television
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Quincy, MA 02169
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Public Access Channel 8	Government Access Channel 11
Thursday, January 12 7:30pm: NQ @ Dennis Yarmouth Girls Basketball 9:00pm: Whitman Hanson @ NQ Girls Basketball Friday, January 13 6:30pm: At Your Library: January Happenings 8:00pm: Currently in Quincy: The Interviews Ep 10 Saturday, January 14 9:30pm: Free Our Voices: Int'l Day of Peace 10:00pm: In the Studio & Out: Ilene Springer Sunday, January 15 9:00pm: On the Agenda: FEMA Flood Maps 10:00pm: Constitution: Then & Now Monday, January 16 6:00pm: Elks Free Throw Contest 6:45pm: AM Quincy: License Board Update Tuesday, January 17 6:00am: LIVE: AM Quincy w/Joe Catalano (audio) 7:30pm: Quincy in Focus Wednesday, January 18 8:00pm: At the Library Concert: Allison 9:30pm: Sound Advice	Thursday, January 12 12:00pm: City Council Hearings/Ordinance 1/9 7:30pm: Fire Prevention & You: Home Safety 8:30pm: At Your Library: January Friday, January 13 6:00pm: City View with Mayor Koch 6:30pm: FYI: QHD Winter Health Myths 7:30pm: QATV Classics: QRD TV Workshop '01 8:00pm: At the Library Concert: Allison Saturday/Sunday, January 14/15 9:00am: City View with Mayor Koch 12:00pm: City Council Hearings/Ordinance 1/9 4:30pm: AM Quincy: License Board Update 7:00pm: City Council Hearings/Ordinance 1/9 Monday, January 16 8:00pm: On the Agenda: FEMA Flood Maps Tuesday, January 17 6:00pm: Health Links: Hammer Toe 8:00pm: At Your Library: January Wednesday, January 18 6:00pm: In the Know: Carbon Monoxide 7:00pm: On the Agenda: FEMA Flood Maps

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For a complete list of programs, please visit our website at qatv.org

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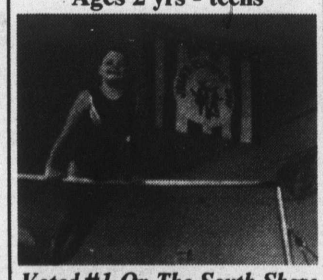

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Social

Lunar New Year Festival At NQHS Feb. 12

Quincy Asian Resources, Inc. announces the 29th annual Lunar New Year Festival will take place at North Quincy High School on Sunday, Feb. 12th from noon to 6 p.m.

The event will feature a marketplace with local artists, exhibits and crafts. Some 8,000 to 10,000 people are expected to attend.

For vendor and sponsorship information email events@quincyasianresources.org.

Ways To Lower Your Skin Cancer Risk In 2017

From The Skin Cancer Foundation

The beginning of a new year is typically when people assess their health and vow to improve their well-being. Resolving to take better care of your skin is a great place to start: after all, it is the body's largest organ.

Even though skin cancer is the world's most common cancer - one in five Americans will develop the disease - it is also highly preventable.

"Skin cancer is mainly a behavioral disease and it is strongly linked to sun exposure - about 90 percent of nonmelanoma skin cancers are associated with ultraviolet rays from the sun," said Deborah S. Sarnoff, MD, president of The Skin Cancer Foundation. "Proper sun protection should be a priority year-round because UV rays are present every day, even when it's cold or overcast."

The Skin Cancer Foundation recommends three critical steps to take in 2017 to help lower skin cancer risk.

1. Cover Up

Clothing is the best defense against skin cancer, and the more skin you can cover, the better. But not all clothing is created equally: tight-knit fabrics (like denim) and synthetic materials (like polyester) offer better sun protection than loosely-woven fabrics and natural materials. Wear a broad-brimmed hat to protect your face, head and neck. To protect your eyes and the sensitive skin around them, wear UV-blocking sunglasses.

2. Use Sunscreen Every Day

Studies have shown that daily use of an SPF (sun protection factor) 15 or higher sunscreen reduces the risk of developing melanoma by 50 percent. Sunscreens come in many formulas - including sprays, lotions and oils - so everyone can find one that fits their lifestyle. For daily use, choose a broad-spectrum sunscreen with an SPF of 15 or higher. For extended outdoor activity, choose a water-resistant, broad-spectrum formula with an SPF of 30 or higher. Apply one ounce of sunscreen to your body 30 minutes before going outside and reapply every two hours or immediately after swimming or sweating. When sunscreen shopping, look for The Skin Cancer Foundation's Seal of Recommendation (pictured below), which assures consumers that a sun protection product performs as its label claims.

Sunscreens that have earned the Foundation's Seal of Recommendation are labeled Daily Use or Active.

3. Check in With Your Skin

Skin cancers can be disfiguring and even deadly if allowed to progress. That's why early detection is so important - skin cancer is very treatable if detected in its early stages. However, the five-year survival rate for patients* whose melanoma has spread to distant organs is only 17 percent. If detected early, before the cancer has spread, the survival rate jumps to 98 percent. The Skin Cancer Foundation recommends examining your skin from head-to-toe monthly, and seeing a dermatologist once a year for a professional skin exam. If you spot anything new or changing, make an appointment to see your doctor right away.

For more information about skin cancer prevention, detection and treatment, visit SkinCancer.org.

*Based on SEER Cancer Statistics Review, 1975-2012.

8th Annual 'Chili Bowl' Cook-Off Jan. 28

The 8th annual Quincy "Chili Bowl" Cook-off will be held Saturday, Jan. 28th from 2 to 5 p.m. at the Fellowship Hall of the Houghs Neck Congregational Church, 310 Manet Ave.

The Chili Bowl – Quincy's own version of the "Big Game" for chili – has become a much-anticipated annual event, attracting several hundred attendees. Individuals and restaurants are invited to enter with a chance to win a trophy and title of "Quincy's Champion Chili."

There is no fee to enter. The only requirements are to bring three gallons of chili in your own crockpot or chafing dish, your own apron and serving utensil.

Electricity and tables are provided.

Servers can also provide servers for restaurants if needed. Restaurants may also display signage or a banner with their name at their station in the hall and pass out flyers, coupons or other promotional materials.

To enter contact Pam Craig, Chili Bowl coordinator, at 617-471-8968 or chilicookoffhncec@gmail.com.

With categories for both home cooks and restaurants, the event will offer attendees the chance to sample and savor up to 20 different varieties of chili.

Trophies and medals awarded to the champions chili winners are voted on by attendees. Admission to the cook-off is $5 and includes all the chili you can eat. Hotdogs, beer, soda and snacks will also be available for an additional charge.

Fraud Watch Update - From AARP Massachusetts

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family.

Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

• **An Educator**: Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

• **A Watchdog**: Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

• **A Resource**: Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

• **Free for Everyone**: Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1:

Government grant scams often pop up following an election. You may get a call or read an ad for a free grant from the government. You'll be promised that your grant application will be accepted and you'll never have to pay the money back. All you need to do is provide your checking account information for the deposit. This is a red flag! Never give your checking account information to anyone you don't know.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

SCAM ALERT #2:

If you're trying to sell your timeshare, be warned of the timeshare resale scam. You may get a call from a company that claims to have a buyer. The caller will even give you the name and phone number of the prospective buyer, who will confirm interest. The caller faxes you legitimate-looking paperwork, along with a request for a credit card number for escrow and title services – with a promise you'll get that money back once the deal closes. Only you never hear back and you lose your money. Don't fall for it!

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

SCAM ALERT #3:

While it may seem like a fun idea to take one of the many Facebook quizzes that pop up on your timeline, be warned it may be a scam. To take the quiz, you enter your information, including your cell phone number. The surprise isn't the quiz results; it's the recurring fee on your cell phone bill you unwittingly signed up for. Just say no to Facebook quizzes!

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

SCAM ALERT #4:

If you get a phone call from someone you don't know who is trying to sell you something you didn't plan to buy, simply hang up the phone. If they pressure you to give out personal information, like your Social Security number or your credit card, it's most likely a scam. You can put your phone number on the National "Do Not Call" Registry to cut down on receiving unsolicited calls. Call 1-888-382-1222 from the phone you want to register. Just remember that scammers are unlikely to follow the Registry rules so you will need to stay on the alert.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

Elvis Tribute Jan. 17 At Kennedy Center

Elvis impersonator Mark Stanzler will be at the Kennedy Center Tuesday, Jan. 17th at 1:30 p.m. to perform a number of the King's greatest hits.

Stanzler has performed his Elvis Tribute show all over New England for the past 10 years and is considered one of the best.

Tickets are required for this event and are available at the Kennedy Center, 440 East Squantum St., Quincy. Suggested donation is $7. For more information, call (617) 376-1506.

10 Residents On Lassell Dean's List

Ten students from Quincy are on the Dean's List at Lassell College for the fall semester.

They are:

Anda Bozo, Linda Lam, Edward Paulino, Katie Porter, Haleigh Santilli, Kimberly Andrews, Ciara Flaherty, Emma Papile, Ariana Matos and Karen Urdaneta.

Identity Theft Topic At Kennedy Center

Robin Putnam, Research and Special Projects manager from the Massachusetts Office of Consumer Affairs and Business Regulation, will be at the Kennedy Center on Friday, Jan. 27th at 12:30 p.m. to present "Consumer University" with a focus on identity theft.

The presentation will include information about the Office and what they do. It will also cover how to spot and avoid scams and how to prevent identity theft and fraud.

To register for this presentation call the Kennedy Center at (617) 376-1506.

Dental Health As You Age Program Jan. 25

Representatives from the Folan Family Dental Clinic in Dorchester will be at the Kennedy Center Wednesday, Jan. 25 at 10:30 a.m. to present "Dental Health As You Age."

They will address key topics including preventative care, plaque, and tooth decay, taking care of partials and dentures and nutrition that best supports optimal oral health.

Presentation will include a slide show and short video clips.

Registration is required for this presentation as space is limited. To register call the Kennedy Center at (617) 376-1506.

WHAT'S COOKING
with
Marie & Susie
By MARIE D'OLIMPIO and SUSIE FALCO

Anise Cookies

Today's recipe for Anise Cookies - a favorite around the holidays and anytime throughout the year.

They can be made ahead of time and kept in a tight container and refrigerated until ready to use. Sometimes I sprinkle different color candy sprinkles over the icing which make them look festive.

ANISE COOKIES

Recipe Ingredients

3 eggs
2 teaspoons anise extract
4 teaspoons baking powder
¾ cups sugar
4 cups flour
½ cup of milk
¾ cups vegetable oil

Directions

Preheat oven to 350 degrees

Lightly grease two cookie sheets or line two cookie sheets with parchment paper

In a large bowl beat the eggs, sugar, anise and baking powder and then add the oil and milk. Add the flour one cup at a time, blend well between additions. (use an electric mixer for this)

Roll into walnut-sized pieces. Arrange balls of dough 2 inches apart on the cookie sheets.

Bake for 10 or 12 minutes in a 350 degree oven. Make sure cookie bottoms are golden brown.

Let cool and top with glaze.

Cookie Icing

2 cups confectioners sugar
4 – 6 tablespoons of milk
1 and ½ teaspoon anise extract

Combine above ingredients, add more milk if needed to make smooth, mix well and spoon over cooled cookies. If you want to use sprinkles this is the time to use them while the icing is still wet.

Flourless Chocolate Peanut Butter Cookies

By SUSIE

These cookies are so easy and so delicious. And of course, healthier for you than your run of the mill every day chocolate peanut butter cookie.

There is no flour, refined sugar, or artificial anything.

FLOURLESS CHOCOLATE PEANUT BUTTER COOKIES

Ingredients

1 large egg
1 cup peanut butter, at room temperature
1/3 cup coconut sugar
1 teaspoon baking soda
1/4 cup unsweetened cocoa powder
1 teaspoon vanilla extract
3/4 cup peanut butter chips

Directions:

1. Preheat oven to 350°F and line two large baking sheets with parchment paper

2. In a medium bowl, whisk the egg until beaten. Mix in the peanut butter, then sugar, baking soda, and cocoa powder. Mix everything together very well, then mix in the vanilla extract. Finally, fold in the peanut butter chips until combined.

3. Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Bake two batches - 6-7 cookies on each baking sheet each. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are a little oily from your peanut butter-- mine usually are-- blot each with a paper towel.

4. Bake for 9-10 minutes. The cookies will look very soft-- that's ok! For crispier cookies, bake up to 11-12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely. Sometimes I press a couple more peanut butter chips into the tops of each cookie immediately after coming out of the oven. This is optional and only for looks.

Book Signing At Kennedy Center Jan. 22

A book signing by retired EMT Kevin James O'Brien will be held at the Kennedy Center, 440 East Squantum St., North Quincy, on Sunday, Jan. 22 at 2 p.m.

A volume of three plays entitled Edgeworth Plays: The Oxford Ordinary, The Rose of Charles Street, and Wake Me tell the stories of the lives of Irish families in the neighborhoods of Boston.

In "Wake Me," O'Brien uses vivid, colorful language to develop his characters as they progress through a series of Irish wakes over a period of forty years. A local bar, "The Oxford Ordinary," is the setting for a cast of unforgettable characters who are visited by an attractive stranger with a mysterious mission which keeps them and the reader guessing. "The Rose of Charles Street" tells the story of the conflicts, loves and losses of two middle-aged sisters as they recall and try to recapture events of the past.

O'Brien will be available for questions and comments at the end of a selected reading. Refreshments will be served.

To attend this event call the Kennedy Center at (617) 376-1506 to register.

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Operation Gratitude Letters

Operation Gratitude sends 100,000 plus Care packages each year to deployed Troops and Wounded Warriors. The most cherished items in the packages are personal letters of appreciation.

Writing a letter is a meaningful way for Americans to show support for our Military. It only takes a few minutes but will bring lasting joy to the troops.

Join the Quincy Council on Aging at the Kennedy Center on Monday, Jan. 30th at 1:30 p.m. for an afternoon of letter writing. Paper and pens will be provided along with light refreshments.

All letters will be sent to California to be packaged with Care packages and shipped to troops. This is a great way to shed those winter blues.

To register for this event call the Kennedy Center at (617) 376-1506.

169 Students On Sterling First Term Honor Roll

One hundred and sixty-nine students are on the Sterling Middle School first term honor roll.

HIGH HONORS

Grade 8: Lezly L. Acevedo, Joseph N, Brahmi, Jayden K. Chui, Maggie R. Cristiani, James M. Doan, Michael D. Duong, Anthony J. Haviland, Supriti Karki, Ethyn C. Kerr.

Colby V. Lai, Ngaik K. Lee, Danny Ly, Molly J. McGillvray, Huy M. Nguyen, Huy Van Nguyen, Wayne Nguyen, Andrew F. Nickerson, Cepherino T. Rodriguez, Sean P. Ryan, Xufeng Zhao, Chengrong Zheng.

Grade 7: Ahmad A. Al-Rekabi, Brahim A. Atif, Caleb T. Baliton, Meira T. Baliton, Ellen Chen, Tia N. DiBona, Rachel W. Feng, Meaghan E. Foley, Johnny N. Garcia Acosta, Mia C. Heim, Garrett M: Hinkley, Kevin M. Jarek, Daniel W. Lung, Thu G. Luong.

Harry T. McGuire Jr., Jennifer S. Meng, Cindy Nguyen, Vansh J. Patel, Gianni I. Perea-Nunez, Athena G. Perry, Bryan Pham, Abby R. Romano, Sophie A. Saint Marc, Lauren Y. Tam, Jacquline T. Tang, Doan N. Tran, Kayla N. Tran, Gabriel Vilarino, Brian S. Wallace, Kaitlyn E. Zemotel, Benson N. Zheng.

Grade 6: Amira F. Aitsaid, Anthony P. Anastasia, Mahmoud H. Arghand-Mazlan, Edwin G. Astronomo Jr., Peter M. Cooney, Nghi N. Hua, Aden E. Le, Thomas J. McGillicuddy, Colin J. McPherson, Lillian T. Nguyen, Nicholas T. Pereira, Robert L. Putts, Connor W. Putnam, Sean W. Rosado Jr.

HONORS

Grade 8: Erin Behari, Giana A. Colon, Nguyen H. Dao, Amanda A. Depaula, Grace N. Devine, Abednego B. Do Rosario Lopes, Aldo A. Fernandes, Iyana M. Fontes, Cody J. Francil, Katelyn G. Garcia, Jayvin J. Graham, William L. Hibbard, Susan R. Hoare, Sunny C. Huang.

Jenelle M. Kimura, Parishkrit Lamichhane, Feng Yu N. Li, Shannon R. Mackay, Hannah R. Mahn, Kristen A. Mahoney, Angel L. Marquis, Hailey R. Maslauskas, Kyle P. McMurray , Ciro L. Moura, Kailey J. Murphy, Issabella N. Nguyen.

Sorcha M. Quinn, Alejandra W. Rojas, Anthony D. Rooney, Clyde Shtino, Harmony F. Soares, Matheus Henrique N. Souza Duarte, Johnny K. Tang, Eduard M. Tsvetanov.

Grade 7: Jacob M. Anderson, Kailayne M. Araujo, Wesley D. Byrne, Zachary T. Corbett, Lawsun Q. Do, Dineya M. Dozier, Tiarnan Eaton, Alissa M. Fernandes, Malik M. Francis, Aaliyah C. Gomez, Adriana O. Healy, Helena L. Huynh.

Kaila L. Jacques, Nyck A. Jean-Philippe, Walker G. Jeffery, Makhi I. Justice, Malik A. Justice, Milani G. Luna, Mackenzie R. McClellan, David Meng, Alexandria V. Monteiro,
Benny Nguyen, Mia L. Nguyen, Keyara L. O'Neal, Haley E. O'Reilly.

Julianna M. Paluzzi, Evelyn C. Parker, Paola N. Pena-Garcia, Scott C. Ritz, Sarah E. Rizzi, Samantha R. Shuman, Amaya S. Six-Tiger, Derek Tran, Ngan D. Vo, Jarod M. Walker, Jair T. Whyte.

Grade 6: Angelica E. Aikens, Brianna M. Backman, Luana Batista Soares, Luciano A. Berardi, Dynasty V. Cardoso, Brian Chan, Kenny Chen, Olivia E. Colligan, Rebekah H. Dang, Shaina E. Daphnis, Nicholas V. Day, Evan J. Devine, Adyelzer B. Do Rosario Lopes, Gavin W. Eve.

Ira Habiba, Rebekah H. Hall, Brandon L. Hibbard, Bridget A. Hoare, Summer Latta, William D. Le, Alex A Lei, Shannen K. McCarthy, Christian A. Monteiro-Spagnolo, Chase J. Morales, Brenda A. Moura, Ty J. Neal, Richardy C. Ramos De Melo Castro, A'syiah N. Reeder, Andrew P. Riva, Carley E. Sullivan, Arunee J. Sundosd, Katrina M. Tran.

National Education Publication Ranks State First In Nation

Tops Quality Counts Report For Third Year In A Row

The national publication Education Week has released the 21st edition of its annual Quality Counts report on state education systems and for the third year in a row listed Massachusetts first in the nation in overall quality.

The Commonwealth was also top in the nation on two of the indices that went into the overall ranking: K-12 achievement and the publication's Chance for Success Index, which considers outcomes from early childhood through adulthood.

"The Baker-Polito Administration is proud that Massachusetts continues to be recognized as a national leader for providing a quality education," said Gov. Charlie Baker. "Education Week's top in the nation ranking for the past three years is well deserved by the Commonwealth's educators, students, families, and communities, from preschool through college."

"Our administration is thrilled the Commonwealth has been recognized for offering a quality education to all age levels," said Lt. Gov. Karyn Polito. "We look forward to continuing our work with communities, educators, and families to strengthen education at all levels, including STEM education, so more students across the Commonwealth will be prepared to succeed in their future career path."

"We know that strong schools enrich our Commonwealth, and we will continue to look for ways to strengthen schools in every neighborhood," said Education Secretary Jim Peyser. "I am thankful for everyone whose work contributed to the success that Education Week is recognizing today."

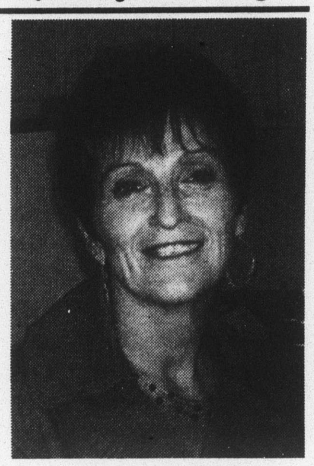
"I am proud and grateful to lead a system in which educators, students and families continually look for ways to improve and celebrate learning," said Elementary and Secondary Education Commissioner Mitchell Chester. "I am confident that working together, we will continue to advance the opportunities of the Commonwealth's students."

"The Education Week report is the latest in a series of recent national surveys to affirm Massachusetts' role as an educational frontrunner," said Higher Education Commissioner Carlos Santiago. "While we are pleased and proud to lead the nation in overall educational achievement, we are also deeply committed to erasing opportunity gaps at every age level in order to prepare all students for post-secondary success."

"This distinction is testament to the Commonwealth's commitment to a world-class education for all and, most especially, a well-deserved recognition for the hard work of our students and educators," said Early Education and Care Commissioner Tom Weber. "We are committed to building on this accomplishment and delivering high-quality early education and care as a pathway to opportunity and lifelong success."

Animals And Our Health

A Message From The Quincy Health Department



RUTH JONES

By RUTH JONES BSN, RN, BC, CP-FS

Animals play an imperative role in many people's lives. Over 71 million American households (62%) have a pet, and most owners consider their pets as members of the family. Research studies have discovered that people who have a pet have healthier hearts, are sick less often, make fewer visits to the doctor, get more exercise, and are less depressed.

Companion animals have been found to improve heart health by lowering blood pressure and regulating the heart rate during stressful circumstances. In a 2002 study, researchers measured changes in heart rate and blood pressure among people who had a dog or cat, compared to those who did not, when participants were experiencing stress. People with a dog or cat had lower resting heart rates and blood pressure measures at the initiation of the experiment than non-pet owners. People with a dog or cat were also less likely to have spikes in heart rates and blood pressure while performing the task, and their heart rates and blood pressure returned to normal more rapidly. They also made fewer errors when their pet was present. These findings indicated that having a dog or cat lowered the risk of heart disease, as well as lowering stress, thus enhancing performance.

A similar study found that having your dog in the room, when you are under stress, lowered blood pressure better than taking a popular type of blood pressure medication (ACE inhibitor). Other research denoted that the act of stroking a pet can help lower blood pressure and cholesterol.

Children's exposure to companion animals may also alleviate anxiety. One study measured blood pressure, heart rate, and behavioral distress in healthy children aged 3 to 6 at two different doctor visits for routine physicals. At one visit, a dog was present in the room and at the other visit the dog was absent. When the dog was present, children had decreased blood pressure readings, lower heart rates, and less behavioral distress.

Outcomes suggest that the social support a pet provides can make a person feel more tranquil and lessen stress while encouraging additional social interactions with people, reducing feelings of isolation or loneliness.

Among the elderly, pet ownership might also be an important source of social support that enhances well-being. In one study, elderly individuals having a dog or cat were more capable to perform certain physical activities such as the ability to climb stairs; bend, kneel, or stoop; take medication; prepare meals; and bathe and dress oneself. There were not significant differences between dog and cat owners in their abilities to accomplish these activities. Also neither the length of time of having a dog or cat nor the intensity of attachment to the animal influenced performance abilities. Companion animals did not seem to have an impact on psychological health but researchers proposed that taking care of a pet gave older individuals a sense of responsibility and purpose contributing to their general well-being.

A large German study collected pet information from over 9,000 people at two different periods (1996 and 2001). Researchers found that people who admitted to having a pet in both 1996 and 2001 had the fewest doctor visits, followed by people who had acquired a pet by 2001; the group of people who did not have a pet at either time had the greatest number of doctor visits.

Like any relationship, some human-pet relationships are likely to be more satisfying than others. Some individuals are more attached to their pets than others and those feelings could affect the impact of the pet on the person's health. Other factors such as gender and marital status may play a role. So, while pet ownership might have a constructive impact on well-being for some people not everyone responds the same way. When a child has no brothers or sisters, research shows that pets help children develop greater empathy, higher self-esteem, and improved participation in social and physical activities.

The effect of human-animal interaction on health is not fully understood because it is challenging to investigate. The majority of evidence on the benefits of having a pet comes from surveys of current health, deeming it impossible to know if a person is in good health because they have a pet or if they are more likely to get a pet because they are already in good health. The German study described previously suggests that having a pet for an extended period of time is more beneficial to your health.

Researchers have also utilized animals to temporarily provide companionship to children with health or mental health difficulties, or elderly people who may not have the energy or resources for a live-in pet. While these studies tend to have inconsistent results, some positive findings of interacting with a therapy dog included diminished levels of pain and anxiety among hospitalized children and adults, as well as increased concentration and interaction among children with autism and other developmental disorders. In nursing homes, interaction with visiting dogs has led to more social behaviors and interaction among residents.

To date, we cannot distinguish specifically what types of animals influence what types of health issues (physical, mental, and social well-being) and what characteristics about human-animal interaction are most significant. If research shows specific health benefits under specific circumstances, that information can be used to modify policies in ways that benefit a greater portion of adults and children, by influencing rules and regulations for schools, health or assisted living facilities, residential treatment centers, and other places where people's exposure to animals is sometimes discouraged but could potentially be supported.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

Got A Health Question? Ask Ruth

Do you have a health topic or question for the city's director of nursing?

Send your suggestion and questions to Ruth Jones, director of Nursing for the Quincy Health Department. She may use your topic or question in an upcoming column.

Email suggestions and questions to Ruth Jones at rjones@quincyma.gov.

Pain Medicine Specialist Cyrus Yazdi, MD, Joins BID Hospital – Milton

Dr. CYRUS YAZDI

Cyrus Yazdi, a board-certified pain medicine specialist, has joined the Pain Medicine Program at Beth Israel Deaconess Hospital – Milton.

Dr. Yazdi's clinical interests include headaches and migraines, spine-related pain and neuromodulation. He joins Paragi Rana, MD, and Cara deBeauport, NP, in providing pain medicine services at the hospital as part of the Beth Israel Deaconess Medical Center pain medicine program.

Dr. Yazdi received his medical degree from Tehran University of Medical Sciences. He went on to earn a Diploma in Otolaryngology and Head and Neck Surgery from the Royal College of Surgeons of England. He completed internship and residency programs at Brigham and Women's Hospital and advanced fellowship programs in ICU and Critical Care as well as in Pain Management also at Brigham and Women's Hospital.

Dr. Yazdi is dual board certified by the American Board of Anesthesiology in both anesthesiology and pain medicine. He is a member of the American Society of Anesthesiology, the Massachusetts Society of Anesthesiology, the International Association for the Study of Pain and the North American Neuromodulation Society.

New patient appointments are available by calling 617-313-1073.

ELEMENTARY LUNCH MENU

Monday, Jan. 16
NO SCHOOL– MLK Day
Tuesday, Jan. 17
Early Release Day— NO LUNCH SERVICE
Wednesday, Jan. 18
DEEP SOUTH COOKIN' BBQ Pulled Pork, Steamed Spinach, WW Dinner Roll, Applesauce.
Thursday, Jan. 19
ITALIAN DELIGHT! WW Spaghetti & Beef Meatballs, WW Texas Garlic Bread, Green Beans, Mixed Fruit.
Friday, Jan. 20
SUPER BOWL PARTY: Tailgate Turkey Chili, Corn Bread, Mixed Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

SECONDARY LUNCH MENU

Monday, Jan. 16
NO SCHOOL– MLK Day
Tuesday, Jan. 17
Oven Roasted Chicken, Oven baked Fries, Steamed Carrots, WW Dinner Roll, Cinnamon Apple Slices.
Wednesday, Jan. 18
ITALIAN DELIGHT! Beef Lasagna, WW Garlic Bread, Green Beans, Mixed Fruit.
Thursday, Jan. 19
WINTER WARMER: Savory Homemade Beef Shepard's Pie w/ WW Bread-stick, Mixed Fruit.
Friday, Jan. 20
Bread Chicken Fritters, Macaroni & Cheese, Side Caesar Salad, Mixed Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

895 Students On QHS First Quarter Honor Roll

Quincy High School lists 895 students on its first quarter honor roll. The list was submitted alphabetically by last name and not broken down by grade.

DISTINCTION

Kiarra E. Adkins, Yusra Ahmed, Kayla N. Ahrens, Connor J Ainsley, Sarah L Ainsley, Yaseen S. Alkhafaji, Sham Almaleh, Elliot S. Alpert, Noor Albannein A. Al-Saad, Zahraa M. Al-Saadi, Bradford E. Ames, Abigail M. Amichetti, Caitlin R. Amichetti, Anderson, Kathryn B. Anderson,

Stephen W. Andrews, Tabassum N. Anowar, Lauren K. Anshewitz, Shilan G. Arda, Areej N. Areej, Caroline G. Austin, Sara Avdulla.

Brendan J. Bailey, Zachary N. Bakalos, Sarah E. Baker, Anne F. Ballard, Nicole M. Ballerino, Joseph J. Ban, Abigail A. Barker, Emily C. Barker, River M. Barrett, Lisa P. Barros, Richelle P. Barry, Juliana I. Beane, Megan E. Beck, Rachel P. Beck, Karla Eduarda N. Bember,.

Ryan T. Bergin, Gabriella R. Bertoldi, Jose D. Betancourt, Amy Y. Blois, Holly Y. Blois, Elajia Boyd, Taylor W. Brann, Rebecca J. Brennan, Cassandra A. Brown, Rachel P. Brown, Camryn E. Burgio, Slade C. Burke, Lynn M. Butler, Lucia H. Buzzell.

Angel J. Caisachana Ortiz, Karen Cao, Carlos D. Cardoso, Bailee V. Carey, Isabella R. Carey,

Candace F. Chan, Devin Chan, Kenneth Chan, Samantha Chan, Ya Tzu Chang, Carl A. Charles, Arsul H. Chaudhry, Liny Chea, Hillary B. Chen, Jack Z. Chen, Jin Rui Chen, Kelly Chen, Kelly T. Chen, Lesley S. Chen, Li Qi Chen, Po Ling N. Chen, Rui-Feng Chen, Shirley Chen, Tiffany X. Chen.

Ziuling Cheung He, Carmen Cheung, Phoenix H. Childress, Dashiell F. Chin, Ivy H. Ching, Erin R. Collins, Maeve B. Collins, Mairead B. Connolly, Colleen T. Connor, Jack J. Cook,

Sammy F. Cordahi, Alessandro Cosgrove, Julia E. Crawford, Molly C. Cronin, Charles Justin J. Culata, Liana R. Cunningham, Kelan P. Curran Cross.

Eni E. Daci, Rebecca Dang, Sommer R. Davenport, Meghan R. Davis, Isabella J. DeAmicis, Abigail E. Decie, Neha Deepak, Patrick J. Deery, Nicholas A. Defranco, Mattia Dema, Terry Deng, Yu Y. Deng, Kumudini R. Devalla, David M. Devoy, Alecia J. Dicicco, Jamie L. Dicicco,

Han T. Diep, Hoai T. Diep, Lachelle T. Do, Linda H. Do, Matthew R. Donahue, Paul R. Donahue, Madelynne E. Dorsey, Elise E. Ducharme, Michaeljon M. Dussourd Jr.,

Francesca N. Edouard, Youssef A. Elzawi, Ava M. Falco, Christian A. Falco, Maeve B. Farrell, Margaret M. Farrell, Thomas M. Feeney, Benjamin W. Fehan, Jona Fejzaj, Kevin A. Ferent, Edil N. Flores, Aiden W. Foley, Shannon E. Foley, Julia P. Ford, Theo W. Fox, Gianna A. Franceschini, Emma J. Fuchs, Tianna E. Fucile-Prisco,.

Keida Gaba, Kevin J. Gallagher, Jacob R. Galligan, Julianne T. Gazzola, Kelly H. Gerrish, Endi Gjeli, Wing Ru Goh, Wingmei Goh, Angelica Gonzales, Leanne C. Gough, Telemachos T. Gregoriadis, Jakki Guan, Margaret M. Guarente, Nicolle Ligia E. Gudiel Winter, Eva Gurra.

Allen T. Ha, Laila T. Ha, Daniel W. Hagborg, Christina R. Haley, Stephen R. Hallahan, Klei Hamzallari, Pei Heng N. Han, Leanne D. Harris, Michelle M. He Lam, Stephanie G. Henriquez, Olivia R. Herman, Kylie R. Hernon, Maeve T. Hernon, Nicholas W. Hewer.

Brandon D. Ho, Caitlin J. Ho, Kyler Hoang, Grace M. Hobin, Shelagh M. Holler, Steven R. Honrado-Foster, Jiayi N. Huang, May Huang, Wilhen Hui Mei, Reagan E. Hutchens, Alexander L Huynh, Bao B. Huynh, Elizabeth Huynh, Luan B. Huynh, Valeria I. Inocente, Alexander J. Ireland.

Caroline J. Jaehnig, Emma D. Jaehnig, Braeden N. Johnson, Marcus A. Johnson, Meghan A. Joyce, Emilia Kapcia, Julia Kapcia, Ilia Karello, John D. Nawal S. Khalif, Maysoon Z. Khan, Melissa R. Knight, Braedan M. Kopp, Alessandra J. Krejci-Papa, Serena M. Krejci-Papa.

Ajijolaoluwa O. Laguda, Tien V. Lam, Jake W. Latini, Megan B. Latini, Sarah D. Le May,

Annabelle Q. Le, Catlinh T. Le, Christine Le, Duy V. Le, Sarah K. Le, Thomas Le, Patrick J. Lee, Izadora L. Lenna, Ami Lesha, Jennifer Leung.

Austin K. Li, Justin Li, Tiffany Li, Vivian Li, Yarui N. Li, Yi Li, Yin N. Li, Zhao Yu Li, Nhu H. Lieu, Kevin M. Lin, Alyson R. Linik, Abigail T. Little, Michelle Lo, Taylor A. Lo, Vivian C. Lo, Michael P. Lomanno, Michelle Lun, Zhi Yang Luo, Cuong M. Luong, Toan H. Luong, Judy L. Luu, Vanessa Ly, Owen D. Lynch.

Meichang Ma, Collin J. MacDonald, Erin E. Mackay, Alexandra L. MacPherson, Thomas B. MacPherson, Brian K. Mahabir, Jessica J. Mahoney, Ryan J. Mahoney, Grace C. Maldonado,

Jaymeerichelle Malimban, Brian J. Maloney, Karya N. Mandalinci, Aisling N. Mannion, Eric D. Manter, Harold L. Marcheski, Josefine M. Marstjepovic, Erik T. Mayo, Julia R. Mayo, Shelby M. Maze.

Shamus C. McBride, Zachery T. McCabe, Ryley L. McCarron, Shauna R. McColgan, Christina N. McDonald, Meghan T. McDonald, Sara L. McDonald, Abigail R. McDonough, Jake B. McGahey, Colleen A. McGee, George M. McGee, Matthew J. McGourty, Thomas P. McGovern,

Michelle M. McLaughlin, Teresa S. McMillen, Allison H. McMorrow, Carly F. McMorrow,

Julia M. McQuaid, Huimin Mei, Amanda C. Morris, Kevin P. Mortimer, Alicia M. Murphy, Ashley D. Murphy, Celia M. Murphy, Maggie R. Murphy, Molly A. Murphy.

Julie C. Nabstedt, Adam E. Nelson Jr., Rachel K. Ng, Brandon D. Nguyen, Brian T. Nguyen, Emily B. Nguyen, Emma X. Nguyen, Ha L. Nguyen, Jamie Nguyen, Jessica Nguyen, Katelyn Y. Nguyen, Kiet T. Nguyen, Melanie T. Nguyen, Nina P. Nguyen, Phuc T. Nguyen, Steven V. Nguyen, Sydney V. Nguyen, Timothy M. Nguyen, Elton W. Nim, Frank J. Nunziato Jr.

Dylan V. O'Brien, Madison E. O'Brien, Maame Ekua O. Oduro, Daniel M. O'Leary,

James F. O'Leary, Shabella J. Oliver, Brielle M. O'Malley, Jillian A. O'Toole, Adam H. Ouannass, Imane Oubtrou, Danielle C. Pacione, Olivia A. Pagliarulo, Benjamin D. Parrish,

Danielle O. Parry, Jack C. Peckham, Luis E. Peguero Isalguez, Aidan R. Perry,

Simona V. Petkova, Michaela T. Pettinelli.

Christ A. Pham, Steven T. Pham, Tammy T. Pham, Tiffany Pham, Vinh T. Pham, Vy T. Pham,

Dayna Phan, Vanan H. Phan, Timothy J. Pick, Sabrina S. Pinto, Drew A. Polsgrove, Maria G. Popa, Victoria A. Primo, John C. Pritchard, Thomas W. Pugsley, Tedi Qafko, Patrick T. Quirk, Ryan M. Quirk.

Patrick J. Rak, Shelley E. Ramirez, Soniya Rana, Norapat Rerngkasetkig, Daliany M. Rivera Cruz, Hannah E. Robinson, James M. Robinson, Andrew J. Rocha, Simon Rong, Kelsey L. Rose,

Evan C. Ross, Allison E. Russell, Jacqueline M. Ryan, Michaelle D. Saint Cyr, Jullana Louise A. Salbibia, Ricardo M. Santos Filho, Andrew J. Santos, Erika Sato.

Marissa G. Scolaro, Jennifer V. Segale, Rachel M. Shen, Victoria Z. Shen, Matthew J. Sheridan, Andrew J. Smiddy, Alexandra J. Smith, Rachel A. Smith, Paulo A. Soares, Sabrina A. Soto, Shaheen N. Soto, Stephanie Soto, Juliana S. Stagg, Stephanie L. Stalder, Hannah M. Stengel, Shane M. Stokes, Grace E. StoneAvash Subedi, Danny W. Szeto.

Alissa M. Tam, Florence M. Tam, Jonathan Tan, Manush Tandon, Peter M. Tang, Whitney L. Tang, Sadaf N. Tauhid, Keilante H. Taylor, Henry Thi, Quan B. Thi, Quintin K. Thompson, Eoin F. Tierney, Virginia To, Yvonne To, Brenna M. Tobin, Alexa M. Topalli, Kristen M. Topalli, Adam Trac, Cindy Trac, Juliana M. Tracey.

Aaron Tran, Andrew A. Tran, Brandon W. Tran, David V. Tran, Jenny Tran, Jessica N. Tran, Kenny W. Tran, Kristen Y. Tran, Lily T. Tran, Lisa T. Tran, Thomas V. Tran Vincent Tran, Amy M. Trilcott, Ygan Jae C. Tumapang.

Hillary T. Valenzuela, Samantha R. Van Gestel, Shaylen Vangestel, Cathleen M. Veiga, Dominic B. Venuti, Maria A. Villalon, Krisna S. Vo, Graham T. Vradenburg, Adam H. Vu, Emily B. Vu, Kayla B. Vu, Michelle T. Vu, Ainsley N. Walsh, John D. Walsh, Alita Wanaslip, Caren Wang, Karen E. Washington.

Michalina A. Weglarzy, Chan Juan Weng, Kari A. Wismar, Nicholas H. Wong, Nicholas T. Wong, Yongying N. Xi, Uashi N. Xu, Yong Jie Yu, William B. Zarges, Crystal Zeng, Xiao Zuan N. Zhang, Christina Zhao Zhen, Andy W. Zhen, Maggie Zheng, Zhen Hao N. Zheng, Eric Y. Zhou, Qi Wen Zhou, Tina Zhou, Wen Wei N. Zhou, Wendy B. Zhou, Yixuan N. Zhu, Rachael E Zisk.

HIGH HONORS

Kawtar Abouyoussef, Robert D. Agcaoili, Ryan J. Ahola, Joseph T. Amendolare II, Andrew M. Artinian, Siobhan E. Ashman, Megan N. Bailey, Evan F. Bausemer, Jessamine J. Bearchell, Maria Fatima F. Bengoa Croxatto, Rahma Benmouffok, Madeline J. Bergonzi, Nathaniel J. Bock, Jonathan T. Boyd, Alyssa M. Brolin, Olivia M. Brown.

Alison P. Cahill, Stela Cala, Giavanna M. Calabro, Bu Z. Cao, Robert E. Carney Jr., Ryan M. Carter, Alyssa C. Che, Benjamin Chen, Tony K. Chen, Jason M. Chu, Joanne Chung, Julia A. Collins, Maya W. Correia, Brianna D. Cristiani, Emily G. Crosta, Jessica L. Cruz, Noah T. Culp, Vanessa J. Czajkowksi.

Arianna K. Dalrymple, Brianne R. Dane, Taylor R. Darcy, Briana N. Davis, Emily R. Davis, Vilena N. De Pina Alves, Victoria M. DeAmicis, Miguel J. Degrazia, Julia B. Devlin, Clare M. Doherty, Isabel K. Doherty, Claire S. Donahue, Kelsey L. Dunn, Yran D. Duong, Thanh Tung H. Duong, Sean E. Dwyer, Ainslee Eaton, Abdallah O. Elkhateeb.

Lauren M. Farrell, Abigail E. Fay, Ana Paula O. Ferroni, Hannah C. Ford, Shelley R. Frade, Alexandra L. Gagne, Mary Gwyneth M. Galecia, Shara M. Galvani, Michael B. Gaudiano, Kaitlyn E. Goff, Lucas O. Gomes, Cecilia M. Gonzalez, Andrew D. Grant, Kania D. Grant, Savanah M. Gray, Alyssa V. Grimaldi.

Catherine A. Hall, Grace E. Hall, Jia Yi N. Han, Olivia J. Haney, Salma H. Hassan, Rachel A. Hawley, Aidan P. Healy, Connor G. Hegarty, Adam M. Higgins, Robert Hill, Anthony N. Ho, Courtney C. Holler, Tiffany T. Hong, Mason A. Honrado, Dorothy Y. Huang, Donald J. Hurld, Jenna C. Jerahian, Ethan C. Johns, Ayanna S. Jones.

Naomi W. Kane, Lilly E. Keenan, Ty A. Kehoe, Rana M. Kenawy, Zaahir S. Khalif, Mariam Y. Khamis, Kendrick C. Khea, Taylor A. Kinsley, Kaylen S. Kozlowski, Smriti Kumar, Kenton Kwok, Georgi N. Lako, Soledad M. Lalla, Ryan L. Lam, Edon Lazaj, Catly T. Le, Crystal T. Le, Tommy Q. Le, Ling F. Li, Ming Long Li, Zhennan Li.

Daniel Y. Liang, Lac G. Lieu, Chao Xiang Lin, Derek R. Little, Karmina Cielo A. Llaga, Claudnardson K. Louissaint, Samuel H. Luong, Jack V. Ly, Griffin T. Lynch, Colin D. Maloney, Sarah Marius, Alexis B. Marshall, Lorena A. Martinez, Hebatullah N. Masood, Myrna Mathieu, Skye L. Matranga.

Tara R. McCleary, Tristan McCormick, Katelyn M. McDevitt, Katherine E. McGahey, Scott A. McGahey, Emma L. McGillicuddy, Mark F. McKenna, Riley M. McLaughlin, Zhuo Feng Mei, Alex A. Melo, Kevin A. Menjivar Miranda, Xavier A. Molina, Anne C. Mortimer, Abigail H. Murphy, Joshua R. Murphy, Kyle W. Murphy.

Patrick T. Nazzaro, Brendon T. Ngo, Bill Nguyen, Diana P. Nguyen, Minhthu T. Nguyen, Amber S. Norton, James A. O'Brien, Joseph K. Oduro, Oliver R. O'Keefe, Tiara A. Osgood, Kevin J. O'Shea, Aaron J. O'Toole, Emma R. Peterson, Brian N. Pham, Ethan C. Pham, Derek Phan, Ashley N. Philibert, Edneisha G. Philibert, Duc Q. Phu, Yen M. Phu, Zarianna N. Pizarro Garcia, Connor T. Porter.

Brian F. Quach, Kennedy W. Ramos, Bryan T. Reilly, Adam S. Reinhardt, Nieyah Y. Remy, Joelle M. Robinson, Henrique N. Rodrigues Barbosa Costa, Andrew J. Rooney, Elizabeth A. Roos, Daniel C. Rose, Anastasia M. Roth, Taylor L. Routhier, Lauren P. Saccoach, Michael J. Scibilio, Liam J. Sheedy, Lindsay A. Sheridan, Britney N. Simonds, Lichuan Situ, Davi Soares, Jenson Joshua U. Soriano, Jose E. Soto Arvelo, Kayleigh R. Susinetti.

Kaylee E. Terranova, Mya E. Terry, Michael D. Tervakoski, Maguire E. Tierney, Liam A. Tollenger, Daisy C. Tran, Rachel Tran, William T. Tran, Hannah A. Trembley, Chi Jung Tsao, John H. Valenzuela, Alan P. Vangorder, Kelly E. Vo, Tina T. Vo, Ariana A. Vu, Francis R. Wahlberg, Kevin D. Warner, Ryan J. Warner, Hunter B. Weinberger, Crystal A. Whynot, Jaydek Wong, Robert S. Zangla, Anthony J. Zero.

HONORS

Gavin J. Abbott, Connor J. Adams, Hannah M. Adams, Kiara M. Aguilar, Mariam A. Ahmed, Curtis L. Ajavon, Humza S. Ali, Mohamed D. Ali, Mostfa A. Al-Ibrahimy, Isabella G. Allegro, Abdulaziz S. Alnasiri, Alyamman A. Al-Saad, Anthony C. Alves, Robert M. Andre, Oksana Asllani, Carla L. Awed, Badr Eddine Bahri, Nasir R. Bailey, Sophia M. Baldino, Jacob J. Ball, Glayston A. Barbosa.

Abigail P. Barry, Elayne S. Barry, Robert M. Blowers, Kervens E. Boutin, Jon M. Brolin, Samantha A. Brown, Amanda K. Burke, Robert J. Cabral Jr., Joseph J. Camara, Joshua J. Campbell, Tynierah C. Cantave, Nicholas G. Cedrone, Cheok Ian N. Chan, Waseem K. Chebbo, Natalie E. Chenette, Jessica E. Chieng, Sophia R. Collins, Mayra M. Colon, Shane M. Conley, Matthew. B. Connolly.

Ronin A. Contreras, Amy E. Coy, Joseph A. Cristiani III, Michael R. Cugini, Austin J. Currie, Chase M. Cuschera, Owen A. Dacunha, Kaleigh M. Davies, Cassandra D. Davis, Layene N. De Almeida, Lucilene N. De Pina Alves, Gustavo S. De Souza, Kayla E. Deady, Kenneth G. Decie, Giovanna N. Delprete, Keith R. Dennis, Gabriela Deoliveira-Gomes, Joseph T. Desmond, Christie N. Destine.

Jillian M. Devincentis, Patrick S. Devoy, Owen A. Doherty, Aniruddha S. Doke, Kenny Dong, Katherine E. Dormady, James M. Dwyer Jr., Oliver E. Dyer, Mahmoud O. Elkhateeb, Guilherme N. Eller, Bryan M. Fallon, Robert A. Familia Jr., Brooke I. Farr, Anna O. Farrell, Troy M. Fields, Dennis J. Flores Leiva, Mikhayla N. Foley.

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827 Students On NQHS First Quarter Honor Roll

North Quincy High School lists 827 students on its first quarter honor roll.

DISTINCTION

Grade 12: Aifan Aili, Anthony T. Alexander, Remy L. Aucoin, Julia H. Brady, Samantha H. Caldwell, Lynne M. Campbell, James D. Cannon, Darren K. Chau, Peter P. Chau, Andy Chen, Karen Chen, Ziuzhi Chen, Gary Chi, Janelle G. Chin, Stephen C. Cobble, Jordan F. Currie, Abdelrahman M. Elhashash.

Isabelle E. Flaherty, Anthony G. Fong, Brendan C. Gallant, Jinhong Gan, Hannah S. Gray, Sinead J. Hanley, Amanda M. Hazelton, Johnny He, Mandy Huang, Sacha Ivanov, Shaoxi Jian, Wen Di Jiang, Daniel J. Johnson-Tatelbaum, Shannan R. Kennedy, Abigail M. Koch, Zi Bin Kuang, Jason Kung.

Bui Hin Lam, Cindy Q. Lam, Helen Lam, Man Ching Lam, Thuylan T. Le, Chia Chien Lee, Vincent Leung, Ling N. Li, Wayland J. Li, Xin Li, Lan Gui Liang, Larissa Y. Liang, Hong Jie Lin, Xu Huang Lin, Yu Lin, Alex Y. Liu, Jia Bin Lu, Nina Luu, Priscilla A. Ly.

Ya Wen Ma, Ryan T. Manning, Kaleigh N. Manton, Thomas R. Maranian, Michelle Mark, Kevin W. McDonald, Kelly R. McDonough, Brigham B. McKee, Tianettie H. McKee, Ariel L. Mei, George V. Moutsopoulos, Brenna K. Murphy, Morgan E. Murphy, Timothy C. Ng, Amanda T. Ngo, Tara H. Nguyen, Justin S. Nickerson.

Charles B. O'Brien, Brian A. O'Connell, Kishan V. Patel, Margaret D. Powers, Alison M. Radzik, Kaelin M. Ryan, Ethan Sit, Jason K. Soohoo, Mathew T. Soohoo, Michael C. Soohoo, Ivy K. Tang, Rebecca C. Thorne, Nhi N. Truong, Erin M. Turner.

Maureen A. Valli, Jamie N. Van, Quynh P. Vu, Jonathan Wong, Kevin Wong, Jason Xiao, Yasmine Kilgore, Jonathan Yip, Wai Ka N. Yu, Yawen Yu, Jun Shan Zeng, Yushan Zeng, Jian Kun Zhang, Mindy Zhanf, Ziqing Zhang, Sandra Zhen, Charlie Zheng, Li Teng Zheng, Ronghui N. Zheng, Suki Zhu, Joey Zhuo.

Grade 11: Antonia A. Alvarado, Nicholas H. Andrade, Joshua M. Anshewitz, Larissa D. Bunmee, Melissa Cai, Jessica N. Caldwell, Annie Chen, Cindy Chen, Cynthia J. Chen, Daniel R. Chen, Li Chieh Chen, Shishi Chen, Shuo Chen, Wilson Q. Chen, Faye Cheng, Ivy K. Chiu, Anthony C. Chu, Sammi Chui, Cora A. Cluett.

Jingbin Den, Rami B. Derbel, Kevin J. Devine, Elizabeth G. DiMattio, Christopher J. Donaghey, Sean Patrick Flynn, Sofie M. Forbes, Devin M. Ganno, Zhen Gao, Timothy W. Goon, Ethan R. Herman, Devin P. Hiltunen, Olivia J. Hussey, Ming Yi Jiang, Angel Ke, Maeve A. Keane, Brenna K. Kirby, Julia I. Klincewicz, Ryan Kou, Tiffany B. Kwan.

Kahie E. Lam, Andrew S. Lee, Kyu Bin Lee, Irving Li, Jinxiu Li, Lynn Li, Jonathan Liang, Daniel J. Lin, Xinyu Lin, Yun Lin, Amy Liu, Jue Ying Lu, Syndey L. Ly, Michaela D. Marino, Juliana R. Mastrorilli, Jared J. McDonough, Maggie C. McGoldrick, Eric Mei, Evan Y. Mei, Joseph D. Merrigan.

Christine Nguyen, Jennifer Nguyen, Wen Jing Pan, Frances A. Papandile, Ryan V. Pham, Genevieve E. Santilli, Ashley N. Saucier, Anne Shi, Angelina M. Spiropoulos, Jeffrey T. Sullivan, Jessica F. Tai, Tiffany W. Tan, Jade N. Tang, Kristen A. Thornton, Amanda Tran, Mindy N. Truong.

Allison M. Wong, Gi Gi Wong, Sam Ut Wong, Angela X. Wu, Matthew Wu, Fiona T. Xu, Qiang Wei Xu, Bonnie Yee, Jacqueline Yip, Calvin Zhang, Zi Ting Zhang, Jingyi N. Zhao, Gina Zheng, Benjamin Zou, David Zou.

Grade 10: Jessica Au, May T. Aung, Brittni L. Bastiani, Elijah J. Blondin, Samuel J. Brenner, Veronica M. Byrne, Dennis H. Chan, Jasmine K. Chan, Carmen Chen, Henry X. Chen, Jason Chen, Nan Chen, Ning Yu Chen, Qi L. Chen, Yazhi Chen, Yuting Chen, Aaron Cheng, Chun I. Cheng, Reina M. Cheng, Juliana Chieng, Kevin K. Chiu, Elisa Cong Mei, Sean A. Croft Jr.

Joshua M. Dangora, Jamanee A. Depina, Jeffrey T. Diep Jr., Samantha Duong, Elisa Dylja, Daniel J. Ferrara, Abigail R. Gilmartin, Sarah Glozheni, Michael S. Golden, Zhou Lun Guan, Eric J. Huang, Kenny Huang, Yong Na Huang, Caroline T. Huynh, Dinh T. Huynh, Justin Huynh, Samuel H. Hwang.

Danielle N. Lacolla, Andrew B. Lee, Olivia H. Liang, Wei Tao Liang, Kevin J. Lin, Wancheng N. Lin, John C. Liu, Maria Liu, Neo J. Liu, Tengfei N. Louie, Mahnoor R. Malik, Angelina R. Manganese, Luke D. Molloy, Aidan M. Mordas, Kar Yeung K. Ng, Holly H. Nguyen, Michelle Nguyen, Brian L. Pham, Nikki M. Roman.

Aymen H. Sadaka, Sean F. Scanlan, Nicole J. Setow, Angela Shi, Samantha D. Smith, Vivian M. Smith, Alexandria M. Soricelli, Elena Stratoberdha, Adam R. Tlacoxolal-Chua, Andrew K. Tobin, Bryan P. Tran, Evon Tran, Jenny T. Tran, Linda Tran, Vivian Tran, Annie Q. Trinh, Marrilyn M. Tseng, Tayonna M. Tucker.

Ilan Valencius, Talia J. Viera, Jason J. Wang, Kayla L. White, David A. Whitson, Iris Xie, Runing Xiong, Carmen Xu, Donna Xu, Kelly Xu, Angela Yang, William H. Yang, Jasmine Y. Zhen, Melissa Zhen, Shannon S. Zhen, James Zheng, Zhi Le L. Zheng, Joyce Zhu, Maria N. Zraizaa, Anastasia Zygouras.

Grade 9: Macarena N. Arrue Riofrio, Philip B. Austin, Jaya R. Bhalla, James D. Cawley, Kaylin M. Chan, Charlie N. Chau, Alyssa Z. Chen, Arleena Chen, Jason Chen, Jeffrey L. Chen, Shirley Chen, Stanley Chen, Xi N. Chen, Yu Xin Chen, Chunwei N. Chiu, Xhoana Cuni.

Benjamin P. Debisschop, Abigail H. Der, Teaaithea Duka, Angela N. Feng, Janne Gao, Nejwa A. Hamad, Yixuan He, Yuxin N. He, Jordan D. Hoang, Jasmine Horburapa, Xin Yu Hu, Aaron Huang, Ruohi N. Huang, Gina Jiang, Phoebe I. Johnston, Ashley B. Kwan, Chor Yan Kwong.

Sammi K. Lai, Jacky Lam, Priscilla H. Lau, John V. Le, Mya N. Le, Shane Lerkvikarn, Erin Leung, Jack Li, Qian Wen Li, Yong Yu Li, Jaman W. Liang, Jing W. Liang, Shiqin Lin, Weinuo Lin, Xin Yi Lin, Xinkai Lin, Jessica J. Liu, Anasthasia Luong, Su Yee N. Mon, Hans I. Morena Robles.

Christa N. Nguyen, Du Nguyen, Edwin D. Nguyen, Shaohang Ou, Rodrick D. Pendleton, Karen Phung, Sarah C. Pillone, Xian Hao Ren, Courtney H. Ross, Bora Selvi, Joanna Setow, John Shi, Alisha T. Tran, Xinyao Wang, Sophie A. Wilson, Jim W. Xi, Feng Xu, Kathy K. Xu, Annie W. Yu, Bailin N. Yu, Jenny Zeng, Lin Zeng, Jackson Zhao, Junxi Zhao, Xiaocong Zhen, Britney Zheng, Da Hao Zheng, Elva Zheng, Melissa Zheng, Shu Qian Zheng, Winnie S. Zhou, Juner Zhu, Jenny Zhuo, Linda Zou.

HIGH HONORS

Grade 12: Evgeny P. Buckley, Alexander Bui, Anthony Chan, Samin Charepoo, Jia Ying Chen, Li Chen, Raymond R. Chin, Alexander J. Cox, Kayla Cunningham, Jinna Deng, Westley Diep, Bridget M. Durgin, Andrew L. Feng, Brendan C. Ganno, Aidam M. Golden, Vanessa F. Guan.

Ziwei Hu, Amy Huang, Jimmy H. Huang, Maggie Huang, Sinead M. Kelly, Kennex Lam, Austin J. Lee, Cara G. Lew, Nathan Li, Benny M. Lin, Tong Dan Lin, Xiao Hong Lin, Sinan Liu, Helen Mai, Whitney L. Marshall, Shane P. Mitchell, Daniel Nguyen.

Kay M. O'Connor, Danielle R. O'Driscoll, Linda Phung, Katarina R. Polastretti, John D. Slattery, Melody D. Umoren, Hexian Weng, Kevin J. White, Raymond J. Wong, Wilson Y. Wong, Yurou Zeng, Maggie Zhang, Pengfeng Zhang, Mona Zheng, Karen Zou.

Grade 11: Peter K. Anderson, Jennifer Butka, Emmy V. Chau, Alan Chen, Hong Zhi Chen, Hongqin N. Chen, Steven S. Chen, Thomas Chen, Ye Chen, Victor Xhu, Zecong N. Deng, Supattida Duangpratheep, Grace C. Dugan, Cathine M. Eynatian.

Kevin M. Finn, Nayely B. Garcia Velasco, Jillian L. Hallisey, Megan B. Herlihy, Zizheng Huang, Celia C. Hussey, Jessica P. Huynh, Jimmy Huynh, Cynthia C. Lau, Justin Le, Mengting Lin, Zin Mei Lin, Shuan M. Machum, Nora E. McLaughlin, John P. Meade, Yongshan Mei, Christopher M. Nguyen, Cindy Nguyen, Vincent H. Nguyen.

Micaelah L. O'Malley, Alexander N. Pham, Ryan C. Salazar, Jonathan A. Santos, Mia N. Sapienza, Perry N. Saurez, Andrew J. Tham, Johnny Tran, Kevin Tran, Bonnie Tu, Saoirse D. Walsh, Qianyi Weng, Daniel M. Wong, Yi Wu, Alison W. Xi, Alex Yu, Amy Yu, Jun Zeng, Chen Xuan Zhang, Hua Feng Zhou, Joanna C. Zhou, Wenlong Zhou, Brian Zou, Erica Zou, Jame Zou.

Grade 10: Eve C. Anderson, Alexsander R. Atanassov, Jessica M. Bille, Britney C. Bui-Tran, Laura B. Butruccio, Carrie Chan, James Chen, Winnie Chen, Kayleigh A. Crevier, Andrea M. Cristiani, Adriana L. Daignault, Stephen P. Debisschop, Anh H. Do, Evan M. Driscoll, Benjamin H. Egan, Si Si Feng, Ryan C. Fiasconaro.

Anny Gan, Ryan W. Goon, Sharon Guan, Shuling Guan, Weiqi He, Nha V. Ho, Jeffrey G. Huang, Victoria R. Kazangian, Grace A. Kelliher, Ryan E. Kelson, Akima T. Khuong, Margaret G. Laugelle, Steven Le, Lindsay E. Lee, Brian Li, Katherine R. Li, Jia Wei Liang, Yi Lin, Karina M. Livingstone, Ya Ting Lu, David J. Maher, Neil Mai, Artemis Mano, Erion Mbrice, Sarah Mei, Daniel D. Nguyen, Meghan A. O'Boyle, Jake X. O'Brien, Tiffany A. Phan, Mari P. Salmanowich, Joseph C. Sands, Patricia Simaku, Nathan S. Sleiman, Joslyn E. Sommers.

Bryan Tan, Emily Tan, Kenny Tran, Win H. Tran, Nelson J. Walinjom, Celia E. White, Sara Y. Wong, Zin Ming Wu, Kevin Xiao, Anthony Xu, Cyrus W. Xu, Jennifer Zeng, Ryan L. Zeng, Brian Zhang, Hui Qian Zhang, Zhirong N. Zhang, Justine Y. Zhen, Cindy Zheng, Sharon Zheng, Yan Xi Zhu, Tony Zou.

Grade 9: Ashley L. Caldwell, Emma C. Caulfield, Amanda Y. Chan, Raymond Chau, Shuyang Chen, Xin Yan N. Chen, Yi Fei Chen, Alexa J. Cohen, Audrey S. Duclos, Cormac J. Flaherty, Amaryllis J. Gu, Amanda J. Hellmuth, Aaron S. Huang, Shi Ting Huang, William J. Huang.

Trent S. Korycinska, Connor N. Kulig, Ava F. Lapsley, Weicheng Lin, Zi Yan Lin, Boi G. Luu, Patrick J. MacMillan, Wei K. Mei, Amy N. Nguyen, Tony H. Nguyen, Emily Y. O'Regan, Srujana Pannem, Olivia L. Peluso, Sarah E. Rixham, Matthew F. Scanlan, Austin M. Sheehan.

Twuyen Tran, Charles L. Undag, Jadae K. Watson, Joshua R. Welch, Vivian M. Wilson, Amanda M. Wong, Jordan D. Wu, Wen Bin Wu, Annie X. Yang, Yong Qi Ye, Jia Jie Zhang, Xianyi Zhang, Xuebo N. Zheng.

HONORS

Grade 12: Corey J. Boretti, Anthony J. Boring, Kristen R. Bragel, Sheila M. Bresnahan, Wigens J. Cadet, Julia M. Cassetta, Brandon Chen, Calvin Chen, Taren X. Chen, Alison E. Della Barba, Lina Deng, Kelvin J. Devarie Jr., Allison Diep, Tenzin Dorjee, Joshua L. Dossantos,

Matthew D. Eagles, Kang Fang, Nicole C. Flora, Lilly A. Hanley, Michael P. Harrington, An G. Ho, Skerdilaid Hoti, Gary Y. Hui, Joseph E. Hutchins Jr., William J. Janis, Thomas P. Koch Jr., Sonny Le. Lee, Dao D. Li, Siyu Liu.

Vincent M. Mah, Karyn E. McEvoy, Ramond H. Mei, Elizabeth L. Mottolo, William H. Nguyen, Liam P. O'Connor, Michael L. Oldham, Biao Pan, Tyla K. Perry, Michael P. Porter, Alexandra J. Schuboth, Giovanni A. Soto Garcia, Devlin G. St. Marie, Brianna M. Sullivan.

Philipp Simon N. Thalheim, Anthony W. Thornhill, Allessandra N. Toscanini, Angela Tran, Patrick Tran, Ciara R. Viscione, Alex J. Webb, Xian Bin Wu, David Zhang, Jennifer J. Zou, Jessica J. Zou.

Grade 11: Isabel S. Altaf, Kelly K. Bishop, Kara A. Breslin, Benjamin W. Chen, Jian Tao Chen, Timothy M. Chiu, Brendan Chow, Choyi N. Chu, Michael C. Comerford, Joseph C. Connaughton, Matthew Deng, Connor W. Donaghey, Johanna H. Douglas.

Erin K. Fallon, Shirley Guan, Maxwell J. Gustin, Ze Bin He, Sirin Horburapa, Ina Hoti, Jingwei Huang, Ri Yang Huang, Derek C. Hunter, Ali J. Hussein, Thomas H. Kelly, Hui Xian Kuang, Elmer D. Lainez, Joshua J. Lee, Dimitri A. Legaspi, Jing Jing Li, Ryan Li, Tamara Liang, Chun-Chieh Lin, Yan Ping Lin, Weitong Lu, Judy Luu.

Maritza H. Mak, Julie K. Nguyen, Victor Nguyen, John T. Norton, Colleen B. O'Connell, Zhexi N. Pan, Kelly G. Phelan, Jalyssa C. Queen, Joanna Rafti, Rachel K. Riley, Samuel Serjani, Xiang Lin Su, Alanna M. Sweeney.

Anthony M. Taylor, Ashley B. Totten, Alex Tran, Richie D. Tran, Leonardo R. Vasquez, Alexis B. Whooley, Jiayu N. Wu, Xiang Hui Xu, Zhijie Xu, Kai Qing Xue, Dejian Zhang, Katy W. Zou, Ze Hong Zou.

Grade 10: Andrew A. Airosus, Dinu N. Aliosa, Jose Domenico M. Anciano, Peter J. Ayers, Eric E. Billard, Kari E. Bollinger, Kestrel J. Boyce, Lucjan Ceca, Darren Chen, Luo Jing Chen, Min Xia Chen, Matthew T. Chung, Kelsey L. Coughlin, Katrina Dong, Lingjie Gao.

Maeve J. Hally, Jillian E. Harrington, Eric J. Hellmuth, Donald M. Hobin, Bang Wei Jiang, Michael C. Ladas, Kuan-Yi Lee, Ze Xuan Lin, Rachel M. Liu, Annie F. Ly, Tich K. Ly, Timmy A. Ly, Mary K. McAleavey, Vanessa Mei, Tommy P. Nguyen.

Kieran A. O'Driscoll, Riley T. Pascarelli, Scarlett O. Piotrowski-Manning, James J. Rizzitano, Joshua J. Smith Jr., Jiaqi N. Tang, Phoebe Tang, Zechong Yan, Joey Zhang, Cong Li Zhu.

Grade 9: Adnane R. Baghough, Essi Baliko, Jomone T. Bing II, Jazlin K. Cahill, Samantha A. Cao, Rachel K. Capone, Adam Chan, Hau L. Chan, Lydia H. Chan, Brian Chen, Aimee C. Cluett, Timothy J. Dargon, Joey Diep, Jenny Do, Jordan Feng, Olivia J. Fitzpatrick, Brigid N. Flynn, Sandro C. Fonseca, Kyle J. Gassenheimer, Andrew C. Gott, Jack L. Gurwitch, James C. Haley III, Tao Hong, Olga Kosinski, Anna Lai, Sarina P. Lau, Brendon Lee, Daniel P. Levine, Alica N. Lin, Linda Lin, Winston P. Liu.

Tony N. Ma, Rory C. Mahoney, Dimitrije Marjanovic, Peyton J. McAffigan, Elizabeth W. McGough, Michael W. Mei, Richard J. Merna, Sara M. Mitchell, Kathryn M. Moriarty, Hannah E. Myers, Brandon Nguyen, Kenny Q. Nguyen, Shane R. O'Connell, Aoife Y. O'Donovan, Denise G. O'Donovan, Emily E. O'Malley.

Damian Papajani, Amanda R. Powers, Danni Qu, Ryan N. Resende Fantin, Katherine M. Scanlan, Ying Xin Song, Cheng Sun, Isabella A. Thong, Adam H. Truong, Benjamin M. Welch, Caitlyn E. Whooley, Hanxin Xie, Casey Zhang, Henry H. Zhang, Leo N. Zhang, Christine Zheng, Jeffrey Zheng, Jake Zhu, Kevin K. Zou, Menglu N. Zou, Angela Zyba.

DA: Violent Crime, Incarceration Rates Both Down In Mass.

Violent crime in the state is at a 41-year low, even as Massachusetts' incarceration rate is 48th among the states and falling, according to Norfolk District Attorney Michael W. Morrissey.

"We see the headlines and the national reports, but in the current atmosphere of calls for sentencing reform both locally and nationally, it is important to look at what those number really mean," Morrissey said.

"When you put it together, the Massachusetts Legislature, police, courts and my fellow district attorneys have found a balance that is largely working – including our judicious use of minimum mandatory sentences," Morrissey said.

The per capita incarceration rate for Massachusetts is about 40 percent of the national average, and less than a quarter of the rate for Louisiana – the state with the highest percentage, according to Morrissey and national figures. Massachusetts' incarceration rates put it 48th among the states, and more in line with Canada and Western Europe than the rest of the United States."

"Our incarceration numbers are continuing to decline," Morrissey said. "From 2014 to 2015 we saw a decrease of 6.2 percent in prison admissions and a 2 percent increase in releases, so fewer are going in and more are coming out – even as the crime rate drops."

Morrissey said it is a blend of factors driving the trends and impossible to isolate a single factor. "It would be gratifying if it were all the work of the District Attorneys or police, but that cannot be the case," he said

"But Massachusetts district attorneys have been quick to embrace drug courts, mental health courts, domestic violence courts, veterans courts and other specialized interventions crafted to disrupt the patterns that keep some people engaged in self-defeating cycles that lead to criminal activity," he said. "Norfolk Sheriff Michael Bellotti, his counter parts, and the state corrections department provide education and vocational training to inmates who want a chance to change."

While Massachusetts has already reformed some minimum-mandatory sentences, the Norfolk District Attorney cautioned against upsetting a statutory scheme that is showing success both in public safety and in low incarceration rates

Minimum-mandatory sentences are aimed at drug dealers and traffickers, not addicts and users, according to the DA. "We should focus on programs and post-conviction supervision to cut recidivism rates," Morrissey said. "The drug epidemic is still taking its toll on us and more work is needed to treat individuals with addiction issues."

QHS Honor Roll

Cont'd From Page 10

Jeisse N. Francisco Ribeiro, Barrett E. Fraser, Melanie A. Fuentes, Marc M. Galecia, Trisha M. Galecia, Michaela R. Galligan, Lauren M. Gardiner, Marc Ghossoub, Brody E. Gillespie, Mohamed A. Gouriche, Ethan W. Graney, Calvin E. Graves, Cassidy R. Griffin, Emilia M. Guarante, Kailie Ham, Samantha A. Hamel, Brendan E. Hansbury. Semit T. Harris-Eriyo, Semiya M. Harris Eriyo.

Haley N. Hartnett, Kamani M. Herbin, Hannah T. Hodges, Julie J. Hong, Kiersten R. Irion, Bryan R. Jacobs, Samantha M. Jaehnig, Rebecca A. Jonah, Vincent S. Joyce, Julius I. Kahuga, Tresor J. Kalioua, Ugochukuwu Kamalu, John R. Kamb, Allison M. Karam, Iris S. Katorri, Ammar N. Kazem, Daniel P. Keegan Jr., Kendall A. Kelleher, Casey A. Kelliher, Talha Khawar, Sarah C. Knight, Ensari Kokel, Hannah R. Kyller.

Jason Lam, Marcus C. Laptiste, Ryan S. Larsen, Peter M. Le, Logan F. Leclair, Jessie W. Lei, Yu N. Lei, Yilhan Li, Scott W. MacPherson Jr., Cullen D. Maher, Daniel J. Maier, Deliah R. Malcolm, Emily M. Manson, Daniel W. Mardani, Damyan I. Markov, Destany G. Marquis, Margaret A. Martin, Amanda H. Mauriello, Catherine R. Mayo, Eamonn J. Mayo, Paige E. Maze.

Kevin K. Mbogo, Matthew J. McCratic, Daniel J. McDevitt, Justin J. McDevitt, Anna E. McGillicuddy, Dylan J. McGowan, Matthew W. McInnis, Emma R. McLoughlin, Ronoldi J. Molina, Nicholas M. Moosick, Luis P. Morales Armas, Kyle M. Mullen Lopez, Aidan P. Murphy, Daniel M. Murphy, Joseph J. Murphy, Shane R. Murphy, Nicholas J. Murray.

Kristina L. Nardone, Nikollas M. Natsios, Sam Ngo, Stanley H. Ngo, Kathy Nguyen, Thao P. Nguyen, Christopher S. Nolan, Helena L. Norton, John J. O'Brien Jr., Aidan P. O'Connell, Riley M. O'Connor, Alana M. O'Flaherty, Margaret V. O'Leary, Allison R. O'Reilly, Shannon M. O'Reilly, Olivia N. Orseno, Roberto M. Ortiz Caizachana, Arianna A. Ortiz, Kayla E. Osorio, Sheelens S. Ostine, Sean R. O'Toole, Nicholas A. Ouellette.

Samantha Z. Pan, Rodney P. Parisien, Hayley L. Parrish, Jenna M. Pendleton, Nikola Penko, Cristian A. Pereira, Megan E. Piquette, Hunter T. Ploof, Maria Polanco, Ryan P. Polsgrove, Ashleigh M. Prewitt, Gabrielle M. Quinn, Jackson C. Quinn, Sophia C. Ragusa, Michael J. Reardon, Kate E. Reuben, Adelina S. Ribeiro, Unique I. Robinson.

Daniel N. Rodrigues Louback, Clayton M. Rodrigues, Liam E. Rogers, Carlos G. Roman, Krystyna S. Ryan, William M. Ryan, Abigail C. Saint Cyr, Ivan A. Salazar, Matheus G. Santos, Kathleen A. Saverse, Samantha Sceppa, Anna E. Scolaro, Michael S. Semancik, Cameron C. Seviour, Salwa H. Shuman, Dean J. Sirois-Watts.

Olivia B. Skinner, Andrew J. Smith, Emma M. Smyth, Rami R. Soufan, Alexander F. Spano, Taniya L. Sprinkle, Klejdian Struga, Peggy M. Tam, Logane L. Tebeau, Stephany Thach, Lucien F. Theberge, Michael D. Toldness, Erick F. Toledo Richard, Matthew R. Tomlinson, Nyri M. Tyler.

Ethan P. Voeun-Ros, Mariglen Vrapi, Nolan A. Walker, Caroline J. Walsh, Maeve B. Walsh, Zachary J. Walsh, Grant P. Ward, Jason P. Whalen, Imani L. Williams, Jermel D. Williams, Garell N. Willis, Louis M. Wong, Anthony M. Zhou, Jacob D. Zisk.

Two Quincy Students On Keene State Dean's List

Two students from Quincy have been named to the Dean's List at Keene State College for the fall semester.

They are:

Garrett McMorrow and Emily Spagnuolo.

Hughes To Attend Trump Inauguration

Cont'd From Page 12

secretary, I've known him for a long time. He's a local kid – a Rhode Island guy – and I've known him for several years and he's good. So there are some real steady hands there.

"There are obviously some ones that are questionable too…it's the same in every administration."

Massachusetts Gov. Charlie Baker, a Republican, did not vote for Trump, his party's nominee, in the November election. Baker will be at the inauguration, Hughes said, and she anticipates the two being able to work together once Trump is in office.

"When you win, it's a game of addition not subtraction and you need everybody rowing. Charlie is a very influential seat on the [Republican Governors Association]. He's a very popular Republican governor. I don't think it behooves the president to dislike him," Hughes said.

"By the same token, Massachusetts is not necessarily a state that is in play for Trump ever…but I expect the president and really the governor to have a working relationship…particularly on the health care stuff, just making sure we're getting a fair deal."

Baker, she noted, has a good relationship with Vice President-elect Mike Pence who was formerly the governor of Indiana.

"Governor Baker has had a relationship in the past with Governor Pence, because of the RGA, because of the fact that they're both Republican governors," she said. "They've had a friendship. They've known each other."

"I think Charlie is going to be able to walk a fine line like he always does," Hughes continued. "It's tough as a Republican in Massachusetts, and the national folks get that. They know being a Republican here is different than one in Louisiana."

Hughes has been chairwoman of the state GOP since 2013 and is up for re-election to the post Jan. 25. She is facing a challenge this year from Steven Aylward – a conservative activist from Watertown.

Hughes expects to be re-elected to the position – she said she has the backing of both Baker and former U.S. Sen. Scott Brown, whose campaign she previously worked for.

"I have the support of the majority of the committee, but you never know what will happen there either," Hughes said.

Hughes expects Baker will run for a second term as governor next year when he is up for re-election.

"If I was a betting man I would say that the governor is going to run again, but I don't know when he'll kick it off or announce he is running for re-election," she said.

Re-electing Baker is the top concern for Massachusetts Republicans next year, Hughes said. The party would also like to build on its success in the 2016 legislative races, when all six GOP senators and 34 House members were re-elected, and the party also picked up a House seat.

"We've never been able to keep all the incumbents safe and pick up a seat in over 30 years in a presidential year, so that's huge," Hughes said.

"It's not a veto-sustaining majority for sure – that's always the goal. That's a difficult one – 52 members. That's not to say you can't get there."

Additionally, Hughes wants to continue to build the GOP's 'bench' by getting Republicans elected to municipal offices.

"Before I came to the party we did almost nothing with municipals, because for the most part in Massachusetts they are non-partisan, but you can bet the Democrats don't think they're non-partisan," she stated. "I just worked for Scott Brown and everybody knew I was a Republican."

"Our problem is we don't have a lot of people that are willing or that we can pull from to run at that next level," Hughes continued. "Everybody always moans and groans at me 'where are your congressional candidates?'

"Look, first of all I can't make anyone run. Running for office is very difficult, very tough on your family. For a lot of people it is a pay cut to be in the Legislature or run for Congress. Second of all, we have such a smaller pool. It's hard to convince somebody who has been a state senator who loves their district who loves their job and who feels safe – it's hard to take that path in a legislative year when you've got to be off the ballot for state Senate. And it's hard for us if we haven't done the groundwork to find somebody to fill that seat.

"Some districts it's just painful, but some of them we can pick up, especially in a year with Charlie Baker at the top of the ticket. Hopefully he has longer coattails than he did in 2014 and he is able to help some folks."

Aside from the gubernatorial contest, Bay State voters will elect a U.S. senator in 2018 with the first term of Elizabeth Warren, a Democrat, set to expire. Warren announced she would run for re-election Jan. 6.

Hughes said she has met with several people interested in running for the seat and expects the Republicans to field a candidate, though she declined to speculate on who may run. Warren, Hughes said, can be beaten.

"She is never here. Who knows her? What has she done for Massachusetts? She's run around the country campaigning for all of these national races," Hughes said. "If you want to head up a think tank and make whatever it is your cause celebre, do it. Don't do it as our senator.

"I think there is plenty there to pick apart for anyone who does decide to do it or anyone that wins a primary to do it… She is the darling of the left and this is a liberal state – it is – but people like to see who their elected officials are."

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New Houghs Neck Boat Ramp Gets First Approval

By SCOTT JACKSON

A proposal to reconstruct the Houghs Neck boat ramp passed its first test, but the project still requires both state and federal permits.

The Conservation Commission approved the proposed new boat ramp on Bayview Avenue at its meeting Jan. 4. Ward 1 Councillor Margaret Laforest said the project still requires MEPA and Chapter 91 permits from the state, as well as the approval from the Army Corps of Engineers.

Once approved, reconstruction of the boat ramp will take about 30 days to complete. Laforest told residents in attendance Jan. 4 she would hold a pre-construction meeting to review possible options concerning the project's timeline.

"It could be in construction – a miracle might happen – before boating season, during boating season, or after boating season," she said. "Either way, the public is going to understand and we are going to have some input as to when that's going to be."

The replacement of the boat ramp will be funded with by a $680,000 grant from the Massachusetts Seaport Economic Council and $170,000 from Quincy's Community Preservation Committee.

A PROPOSAL to reconstruct the Houghs Neck boat ramp (above) has been approved by the Quincy Conservation Commission. The project still requires federal and state approval. After permitting, the project is expected to take about 30 days to complete. *Quincy Sun Photo/Robert Bosworth*

Tracey Adamski, a senior planner with engineering firm Tighe & Bond, said the present boat ramp is in rough shape and not steep enough for use under certain tidal conditions.

"The boat ramp is in extremely poor condition. Because of the angle of entry into the ocean, under certain tidal conditions [access] is very limited," she said.

The new ramp, made out of poured concrete slabs, will be installed at a grade of 12 degrees to accommodate larger boats for longer periods of time. The width of the ramp will be increased from 20 feet to 28 feet.

As part of the project, a new dock would be installed adjacent to the ramp. The present dock is anchored to the bottom, while piles would be driven into the bottom to support the new ramp.

Martin Aikens, a Mears Avenue resident and commodore of the Quincy Yacht Club, voiced his support for the proposal at the meeting.

"It's about time it's going to be done," he said. "Time has come where we have a nice ramp for the people of Quincy to get their boats in and out."

Mayor Thomas Koch included a replacement of the adjacent Houghs Neck Maritime Center in the five-year capital plan he unveiled last year; that issue was not before the Conservation Commission during its meeting.

The city received a $225,000 Seaport Economic Council grant in August to design, engineer and permit a new maritime center. Laforest said additional public meetings would be held relative to that proposal in the future.

Red Cross Visiting Quincy To Install Smoke Alarms, Teach Fire Safety

Feb. 4, 11, 18, 25; Nationwide Campaign Aims To Reduce The Number Of Home Fire Deaths, Injuries

The American Red Cross, Metro Massachusetts unit, will visit Quincy in February as part of its Home Fire Campaign to teach people how to be prepared for home fires and to install smoke alarms where needed.

Seven times a day someone in this country dies in a home fire. Countless others suffer injuries. To combat these tragic statistics, the Red Cross has launched a nationwide campaign to reduce the number of deaths and injuries due to home fires by 25 percent.

The Home Fire Campaign is happening all over the country and involves Red Cross workers joining with local fire departments and community groups to visit neighborhoods at high risk for fires. Those visits include educating people about fire safety through door-to-door visits and installing smoke alarms. To date the Massachusetts program has been to over 2,500 homes in 200 cities and towns. Nationwide, over 500,000 alarms have been installed in 50 states.

Next month, the Red Cross will install free photoelectric smoke and carbon monoxide alarms in Quincy residences each Saturday (Feb. 4, 11, 18, 25) starting at 9 a.m. Volunteers will also teach residents how to prevent a home fire and how to prepare to respond in the event a fire starts in their home.

This event will be conducted by the Massachusetts Red Cross Metro Boston Home Fire Campaign task force with the support of the Quincy Fire Department.

Quincy homeowners who would like the Red Cross to install a free photoelectric smoke and carbon monoxide alarm should call the Red Cross Metro Home Fire Campaign registration service at 800-746-3511.

Simple Steps To Save Lives

There are several things people can do to protect themselves and their loved ones from home fires. They include:

- Installing smoke alarms on every level of the home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year, if your model requires it.
- Developing a home fire escape plan with all members of the household and practicing it several times a year, at different times of the day.
- Include two ways to get out of every room and consider escape ladders for sleeping areas or homes on the second floor or above.
- Pick a place outside for everyone to meet and make sure everyone knows where it is.

The Red Cross responds to nearly 66,000 disasters each year in the United States and the vast majority of those are home fires. For more information, visit redcross.org/homefires, or download the Emergency App at redcross.org/apps.

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50 Bravely Plunge For Atherton Hough PTO

3rd Annual Polar Plunge In Houghs Neck Raises $1,800

By TOM GORMAN

Nearly 50 adults and youngsters braved 23 degree temperatures and dove into the frigid waters of Houghs Neck during the third annual Atherton Hough School PTO Polar Plunge Saturday morning at the Houghs Neck Maritime Center shortly before a major snowstorm hit the area.

"This is the coldest it's ever been," said Atherton Hough School grade 5 student Alex Galligan-Kuntupis as he warmed up in the maritime center after taking the plunge in the 39-degree water. This was his third time participating in the fundraising event.

After signing in and receiving "I survived the plunge" T-shirts, the participants gathered at the water's edge behind the maritime center in their bathing suits and ran in en masse following a countdown. A few swam in the water for a moment but most ran in and out.

Ward 1 City Councillor Margaret Laforest found the water "refreshing."

"It's a great way to start the new year," she said. "Everyone on the Neck loves the water. That's why we live down here. It's a great way for the community to come together and support the Atherton Hough PTO."

Houghs Neck Community Center member and Quincy firefighter Jim McCarthy said it was a personal challenge for him to do the plunge in the frigid weather.

"The water was cold but not as shocking as expected," he said. "Definitely awesome. I'm definitely looking forward to doing it again."

McCarthy added that the community center is a non-profit that hosts children, family and senior events.

"Everything is numb," said Atherton Hough School student Grace O'Handley, 13. "Everything is tingling, it's so cold."

This was the second plunge for classmate Brooke Deady, 14.

"It was colder this year," she said.

Kayleigh Caldwell, 14, agreed.

"It was colder than expected," she said.

Laforest noted the Quincy Police Marine Unit piggybacked a training session with the plunge and had divers in the water and on a boat keeping an eye on the participants. The Quincy Fire Department and Brewster Ambulance were also at the event.

"It was cold out there, but there were no shocks and no health concerns," said Laforest. "It was a great, successful event."

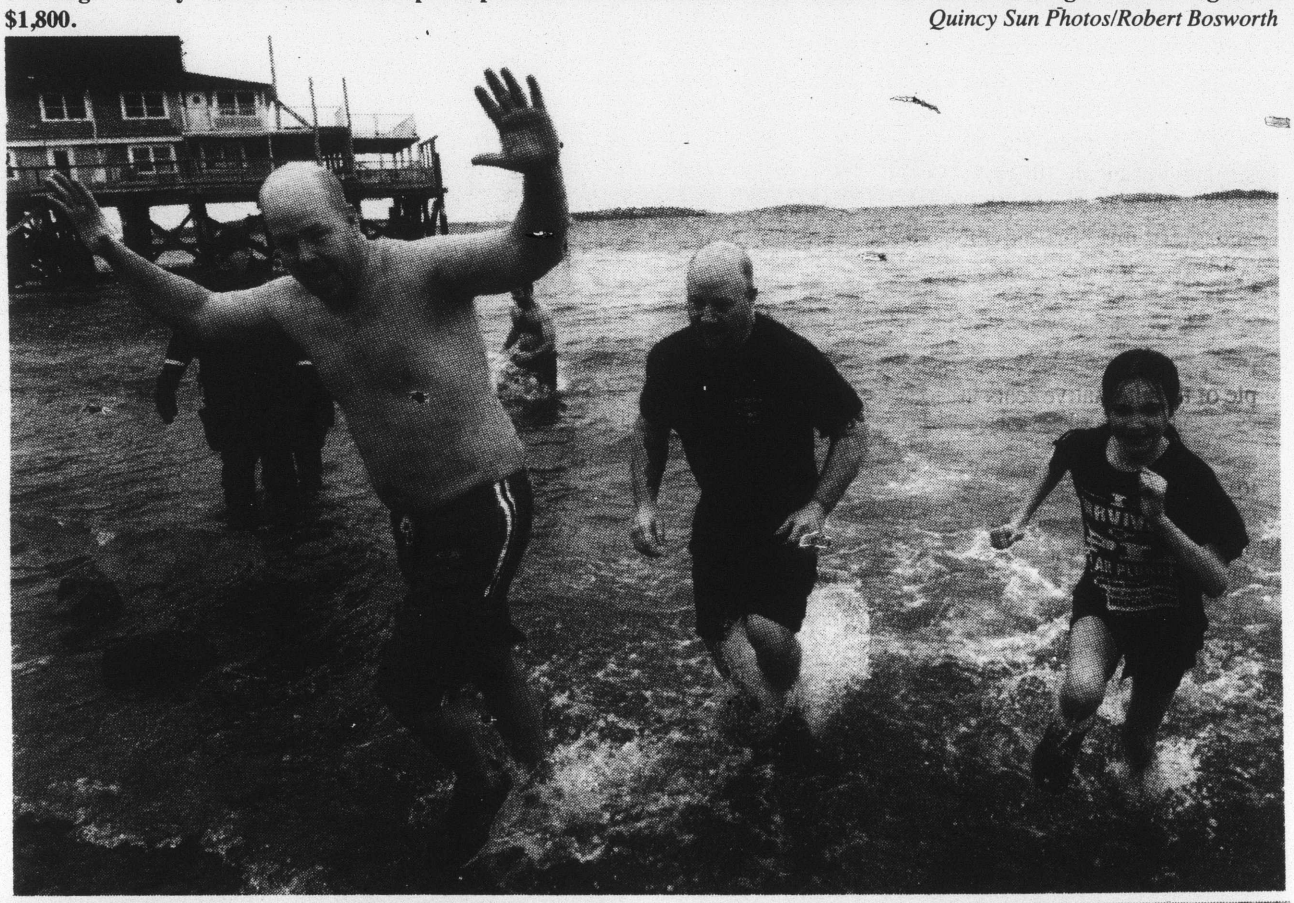
The polar plunge was founded three years ago by Atherton Hough PTO member Nancy Cross. The plunge is not only a community event but a fundraiser for the school to purchase Chromebook laptops and alternative seating for classrooms.

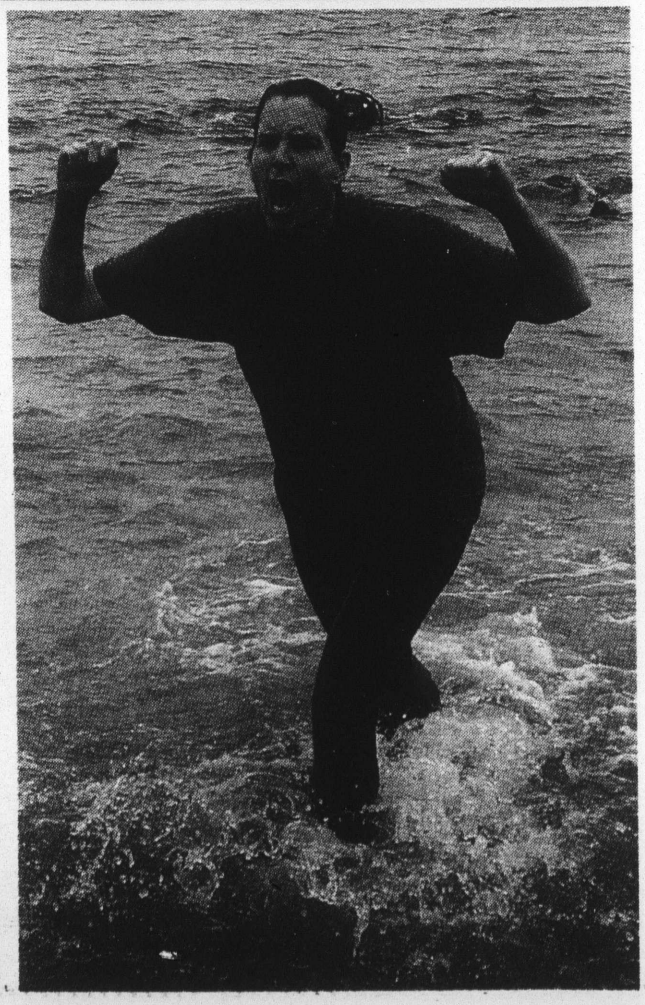
PTO President Meredith Earnest explained that the alternative seating would be used instead of regular classroom desks for students with Attention Deficit Hyperactivity Disorder (ADHD).

Cont'd On Page 15

POLAR PLUNGERS take a quick dip into the 39-degree waters behind the Houghs Neck Maritime Center near the Public Landing Saturday. About 50 individuals participated in the third annual fundraiser for the Atherton Hough PTO raising about $1,800.

Quincy Sun Photos/Robert Bosworth





ATHERTON HOUGH SCHOOL students Kayleigh Caldwell, 14, Brooke Deadly, 14 and Grace O'Handley, 13, warm up after taking part in the third annual "Polar Plunge" in Houghs Neck Saturday. *Quincy Sun Photos/Robert Bosworth*

ATHERTON HOUGH SCHOOL grade 5 student Alex Galligan-Kuntupis, 10, who was among 50 people of all ages participating in Saturday's Polar Plunge, with Atherton Hough PTO member Nancy Cross and PTO President Meredith Earnest, co-organizers of the fundraising event.

50 Bravely Plunge For Atherton Hough PTO

Cont'd From Page 14

"Instead of desks, we can do a standup desk or a seat that is like an actual exercise ball that has a back on it," she said. "There's also seating that's like a tilting seat for children that are fidgeting or have ADHD or can't sit still. The alternative seating allows them a little bit more freedom and movement and allows them to still sit and participate (in class) but gives them the freedom and flexibility of moving while they're able to work."

Earnest said her group is to trying to get private donations and funding for a couple of the alternative seats in each classroom or have one classroom pilot a program to see if it would improve learning or test taking abilities for affected students.

"We're trying to institute (the alternative seating) the rest of this school year and next year," she said. "The PTO is trying to put some funds aside to see if we can start that initial progress for the classrooms."

According to the American International Journal of Contemporary Research, alternative seating in the classroom is becoming a popular intervention tool and a study showed that there was a significant decline in classroom interruptions through its use.

Earnest said that since new wireless technology is being installed at Atherton Hough, her PTO is also seeking to purchase a mobile laptop lab with 30 Chromebooks that teachers throughout the school can share.

"Teachers can access and use them on a daily basis," she said. "Wireless will have better capabilities."

Earnest voiced appreciation for the support of her school.

"Atherton Hough is a great school," she said. "We're trying to make a lot of great strides in technology and supporting what our students and teachers need."

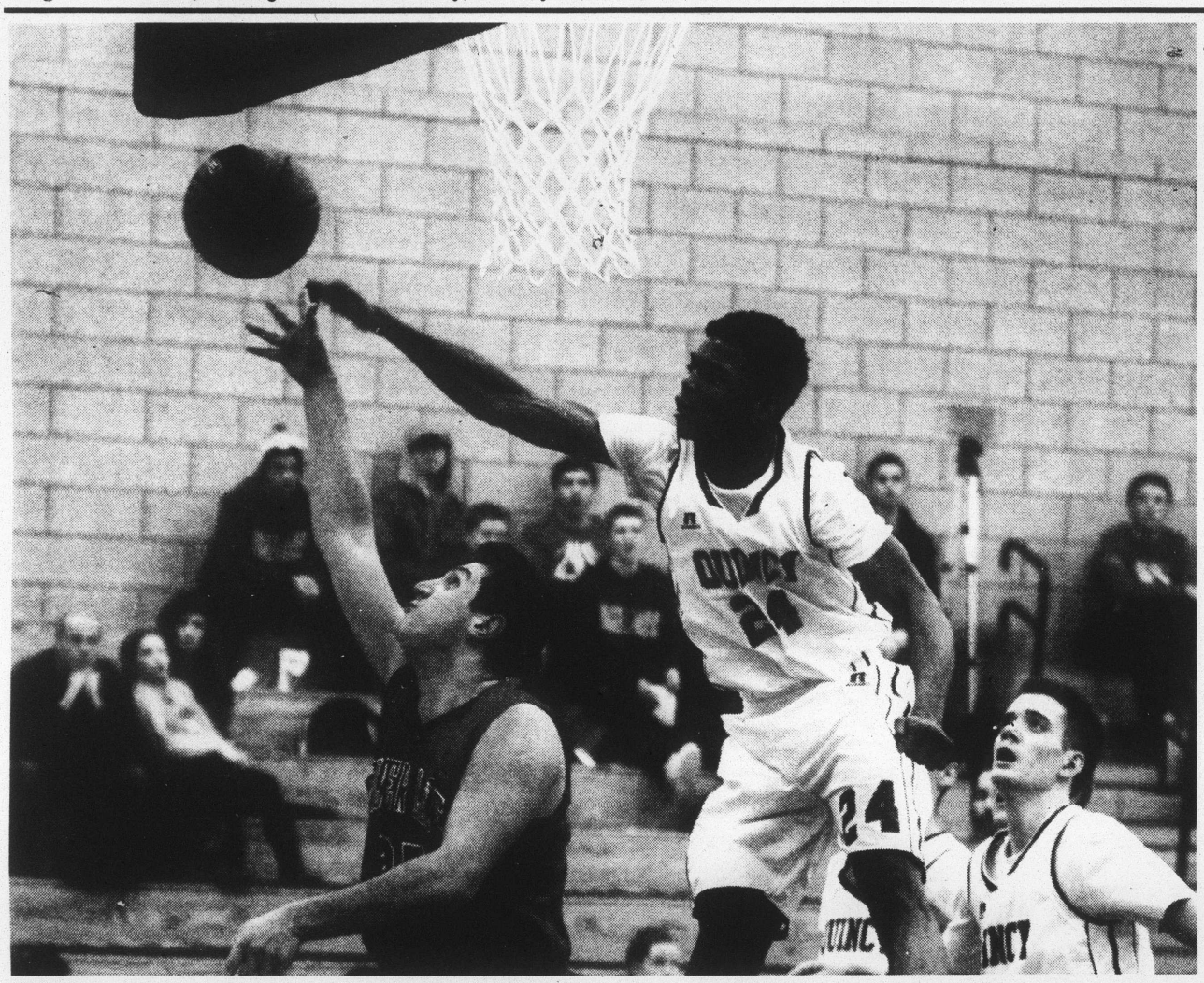
Cross added that the polar plunge is a great winter-time event.

"This is a good way to get everyone together in the winter," she said.

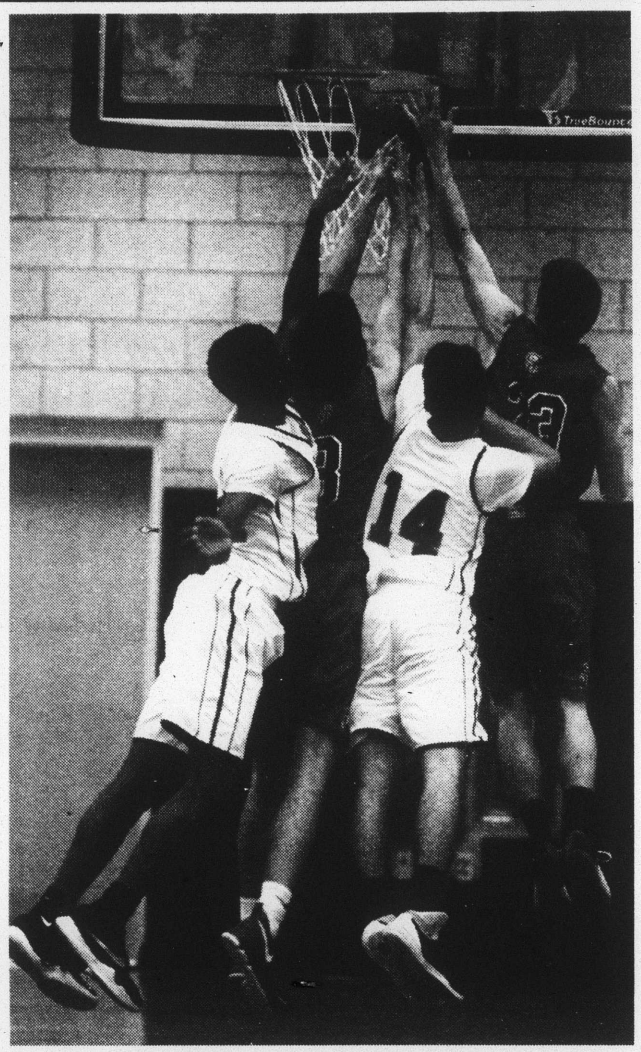
This year's plunge raised about $1,800 for the Atherton Hough PTO.

JIM McCARTHY, a Quincy firefighter and member of the Houghs Neck Community Council, smiles as he emerges from the frigid water after taking part in the third annual "Polar Plunge." In the background are divers from the Quincy Police Marine Unit who were on hand to keep an eye on the participants during their training session.

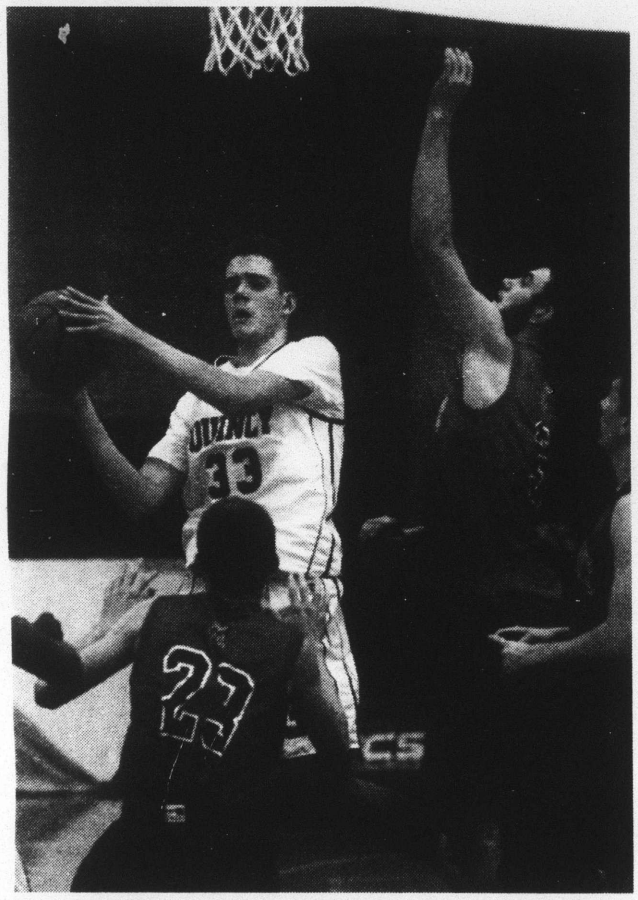
FRIGID FROLIC – Andrew Schaaf, Kelsey Laforest, Ward 1 Councillor Margaret Laforest and Shawn Grady enjoy a quick dip in the 39-degree water off Houghs Neck at the third annual "Polar Plunge" Saturday. The event raised about $1,800 for the Atherton Hough School PTO. OTHER PHOTOS ONLINE: www.TheQuincySun.com (galleries).



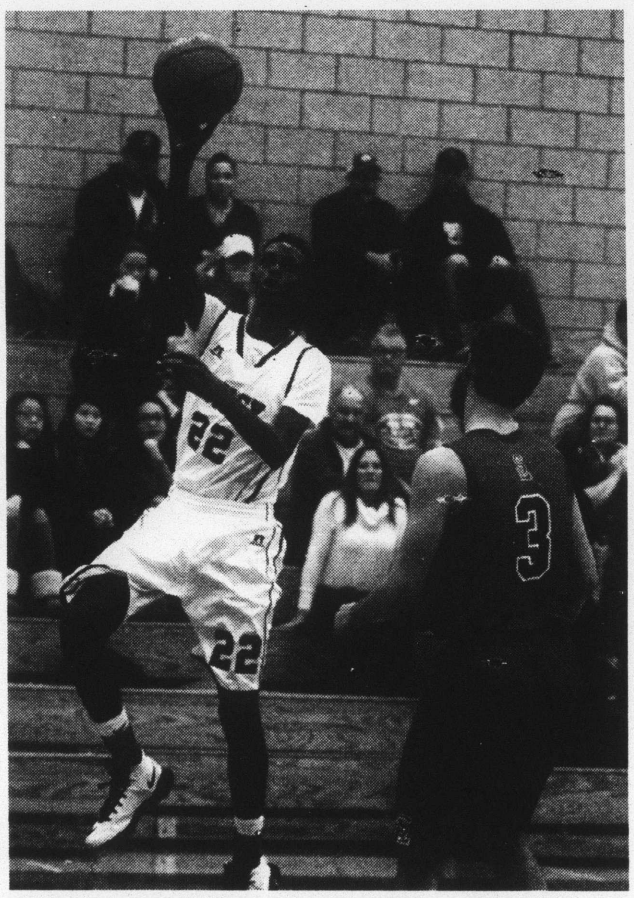
QUINCY'S UGO KAMALU scored a team-high 21 points and made some big defensive plays including blocking this shot by Silver Lake's Rob Ventola in the Presidents' 74-62 win Jan. 6. *Quincy Sun Photos/Larry Carchedi*



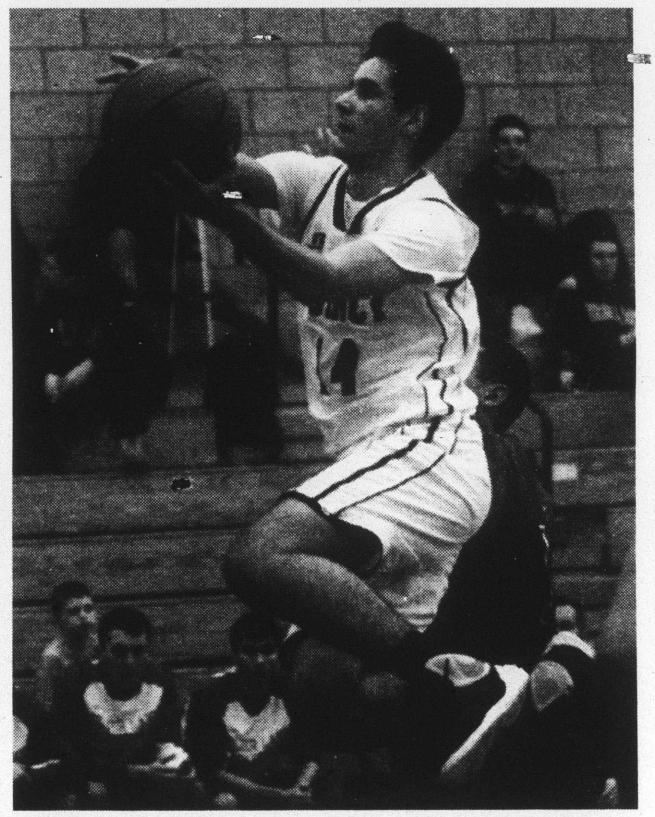
QUINCY AND SILVER LAKE players battle for a rebound in the Presidents' 74-62 win over the Lakers Jan. 6.



SOPHOMORE WILL ZARGES pulls down an offensive rebound in the fourth quarter. Zarges shot four 3-pointers with a total of 16 points in the Presidents' win over Silver Lake.



QUINCY PRESIDENTS had five players with 10 or more points against Silver Lake. Here Jeff Petithomme drives to the hoop for 2 of his 16 points in the game.



QUINCY'S DAMYAN MARKOV drives to the hoop for two of his 16 points. The Presidents host Duxbury Friday at 6:30 p.m.

North Girls Basketball Now 3-5

After a solid win against Sharon, the North Quincy girls basketball team found stepping back into its Patriot League schedule a tough task.

The Red Raiders dropped a home game to Silver Lake, 50-40, and then traveled to first place Hanover, losing to the Indians 56-29.

North jumped out to an early lead against Silver Lake only to find themselves tied at the end of the first quarter. However, the home team was unable to defend the perimeter as the Lakers hit six three-pointers in the second quarter to take a nine-point lead into halftime.

North picked up its defense in the third quarter, turning over Silver Lake on five of its first six possessions. North's inability to convert on the offensive contributed to its demise as the Raiders missed 24 shots in the frame, 19 from inside the paint.

Trailing by 15, Remy Aucoin and Kerin Coleman both began to the find their range with Aucoin hitting for eight in the quarter while Coleman added six. Jenn Butka, who finished with nine points, was also involved in the comeback. North cut the lead to eight on a Celia Hussey hoop, but the visitors got the final basket of the game.

Aucoin finished with 15 points and 16 rebounds to lead North.

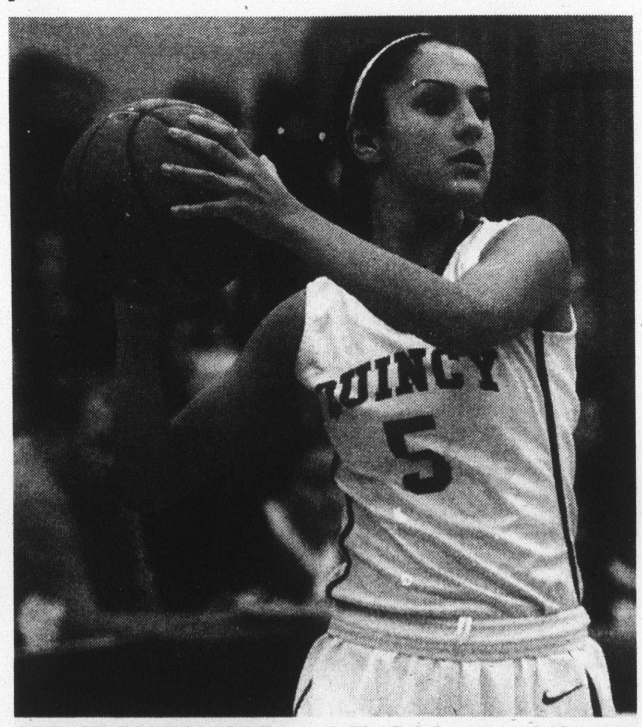
The Raiders had a great start against Hanover, taking an early 6-4 lead. Aucoin lead the offense in the first quarter, netting six points, but Butka and Jill Hallisey found themselves in foul trouble four minutes in and that is when Hanover stepped on the accelerator. Megan Dixon, senior captain, hit five three-pointers in the half as North trailed at halftime, 35-18. The red and black got good minutes from senior captain Abbie Koch and junior Olivia Hussey.

North could never sustain a run in the second half and saw its record drop to 3-5. Aucoin finished with 10 points and 11 rebounds while Butka added seven.

"The Silver Lake game was frustrating because, despite the outcome, we outplayed them the entire game. Our inability to hit shots from the floor and convert at the foul line hurt us badly," North coach Paul Bregoli said. "After the game, I was speaking with an assistant coach from Framingham State who felt we should have won the game by 15 points.

"This next week is a big one for us with Plymouth South and Scituate coming up – two teams we need to beat. We are getting better every time we play. We are not giving in and play with tremendous heart. That's all a coach can ask for.

North traveled to Plymouth South Tuesday and hosts Scituate Friday at 7 p.m.



QUINCY SOPHOMORE guard Gia Calabro scored 19 points (4 three-pointers) in the Presidents' 54-50 win over Silver Lake Jan. 6. Senior forward Joelle Robinson had 7 points, 9 rebounds, 7 steals; junior point guard Liana Cunningham 15 points and 5 assists (3 three pointers) and freshman forward Ally McMorrow 10 points in the win. Quincy travels to Duxbury to take on the Dragons Friday night at 6:30 p.m.

Quincy Sun File Photo/Robert Bosworth

NQ Bows To Hanover

By JOE REARDON

North Quincy has plenty to play for this season, a return to the postseason tournament after missing the playoff the last two years being one of them.

Hopefully last Friday night's disappointing 80-36 loss to a talented Hanover squad will ultimately be looked up as a mere hiccup at the end of North Quincy's season.

Still, Red Raiders' head coach Kevin Barrett was very concerned by the way the Patriot League opponent manhandled his club on its home court. North Quincy's most explosive player, Jean Louis Jr. was never allowed to get comfortable on offesne and was held to just nine points on the night, while Aidan Golden put down 10 points, a team-high for the Red Raiders.

While the rest of the South Shore didn't get battered by snow until Saturday evening, the Red Raiders felt the affects of a perfect storm from Hanover a night earlier. And you could bet the Red Raiders were in for an intense Sunday practice to get the team's sharpness back.

The defeat at the hands of the Indians only counts as one loss and the Red Raiders are still in good shape at 4-4 on the season, but Barrett wants to be sure that the team's questionable effort and dismal play against Hanover is the team's last of the season.

"There was nothing good that came out of that game," said Barrett. "It felt like we were standing around watching them make plays. We made them look great. We have a lot of work to do and we'll get back to it on Sunday. We want to get back into the tournament, but we have a long way to go and plenty to work on."

Hanover buried North Quincy with three-pointers, connecting on eight in the first half. A Louis Jr. jump shot brought the Red Raiders within two early in the first quarter, but that would be as close as North Quincy would get to the Indians.

Nick Hannigan's team proceeded to go on a 12-0 run, courtesy of a pair of three-pointers by Matt Delahunt (20 points in three quarters) and baskets beyond the arc from JP Landry (16 points) and Andrew Carroll to end the first quarter with a 25-0 advantage.

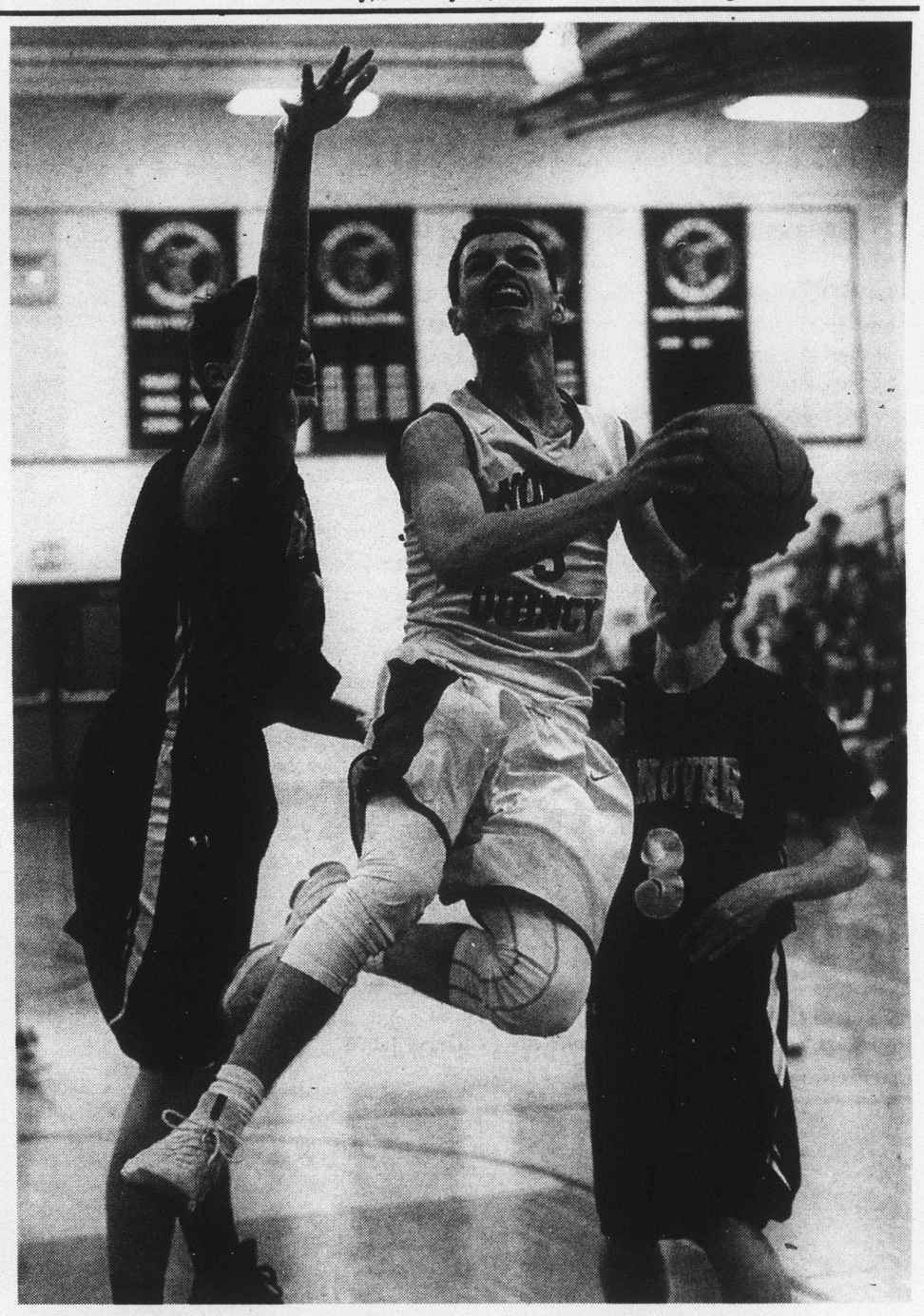
Louis Jr. looked frustrated throughout as his shots, even on his good looks, weren't dropping. The frustration was very evident in the third quarter and Barrett said that's something the team's most electrifying player has to work on.

"He can't let missed baskets bother him and interfere with the next play," said Barrett.

A Declan Murphy three-pointer and three free throws extended that surge to 18-5 in the second quarter and a 31-11 advantage with still 5:31 remaining in the half. Jack Meade managed a pair of inside baskets in the final five minutes before the break and Golden also had four points in the paint, but North Quincy would never recover from the 44-20 defecit at the half.

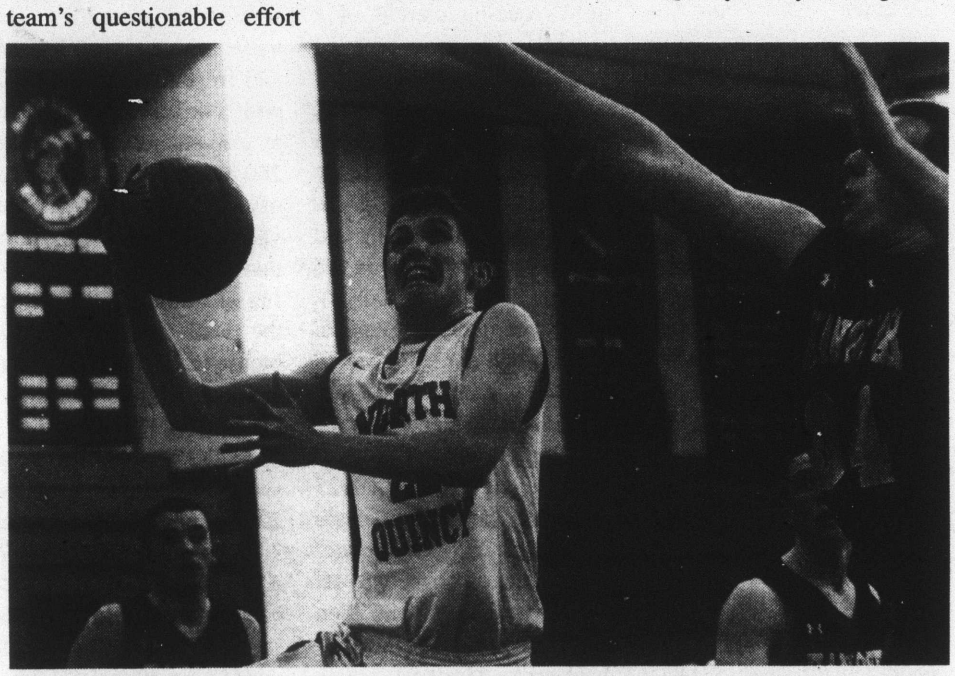
The Red Raiders showed some life early in the second half as Louis Jr. scored consecutive baskets and Golden made good on a free throw, but North Quincy wasn't able to keep up with or slow down Hanover's fast break attack. Freddy Damon's jumper gave the Red Raiders a 53-25 lead with 5:35 left in the third and it grew to 30 points before Barrett called a timeout with 5:12 left in the quarter.

The fourth quarter was just as tough for North Quincy. Hanover continued to score from in the paint and rattled off a 16-2 surge on the way to smothering the Red Raiders 16-5 in the last eight minutes. Elmer Lainez had a nifty inside bucket for the Red Raiders off the bench and Dylan Richardson knocked down a three-point to account for North Quincy's only scoring.



NORTH QUINCY'S AIDAN GOLDEN drives to the basket against Hanover. Golden scored a team-high 10 points in the Red Raiders' 80-36 loss to the Indians Jan. 6.

Quincy Sun Photos/Robert Bosworth



JACK MEADE puts up a shot for the North Quincy Red Raiders against the Hanover Indians. North Quincy visits Scituate Friday night at 6:30 p.m. The Red Raiders next home game is Tuesday, Jan. 24 against Hingham at 7 p.m.

Quincy Youth Basketball Highlights

Quincy Youth Basketball started 2017 with games on Sunday in all divisions.

In the girls' division, grades 3 to 5 started the new year with games at Broad Meadows Middle School gymnasium.

In the early game at 1 p.m., Coffee Break Café played Stephen Marcus Realtor, with Stephen Marcus Realtor winning 24 to 4. Playing well for Stephen Marcus Realtor were Brooklyn Rizzo who led all scorers with 8 points, and Nina Smith scoring 6 points and Grace Pickering soring 4. Playing well for Coffee Break Café were Sarah McKenna and Erin Della Barba who led their team in scoring.

In the late game at 2 p.m. Christ Church Quincy played The Quincy Sun with Christ Church Quincy winning a close game 12 to 10. Leading the scoring for Christ Church Quincy was Grace Cody scoring 8 points, with Ciara Golden adding the teams other 4 points. Playing well off the bench for Christ Church Quincy was Shannon McCarthy.

For The Quincy Sun Sofia Brown scored 8 of the teams 10 points with Jessica Berberi adding the other 2. Isabella Soto played tough defense for The Quincy Sun.

Play continues next week at Broad Meadows Middle School gymnasium at 1 p.m.

Any girl in grades 3 to 5 interested in playing can call Stephen Golden at 617-786-8738 or go to the Quincy Youth Basketball website at http://quincyyouthbasketball.website.siplay.com

QUINCY LACROSSE ASSOCIATION

Calling all Quincy girls and boys!

Registration for the Spring 2017 Lacrosse season is NOW OPEN!

Whether you're a Quincy lax veteran or a newcomer looking to expand your athletic range, here's your chance to play the fastest sport on two feet!!

Registration must be completed by January 31, 2017 to receive the low rate quoted below, and can be completed by going to **www.quincylax.uslaxteams.com**

Prices*:

Current 5th thru 8th graders = $162

Current 3rd thru 4th graders = $107

Current Kindergarten thru 2nd Grade = $45
(extended registration until February 28, 2017)

*All additional siblings registered will take $25 off the base amount of their registration.

**There is a mandatory additional fee of $30/player to register with US Lacrosse (covers insurance)

Any questions???
Please reach out to quincylax06@gmail.com

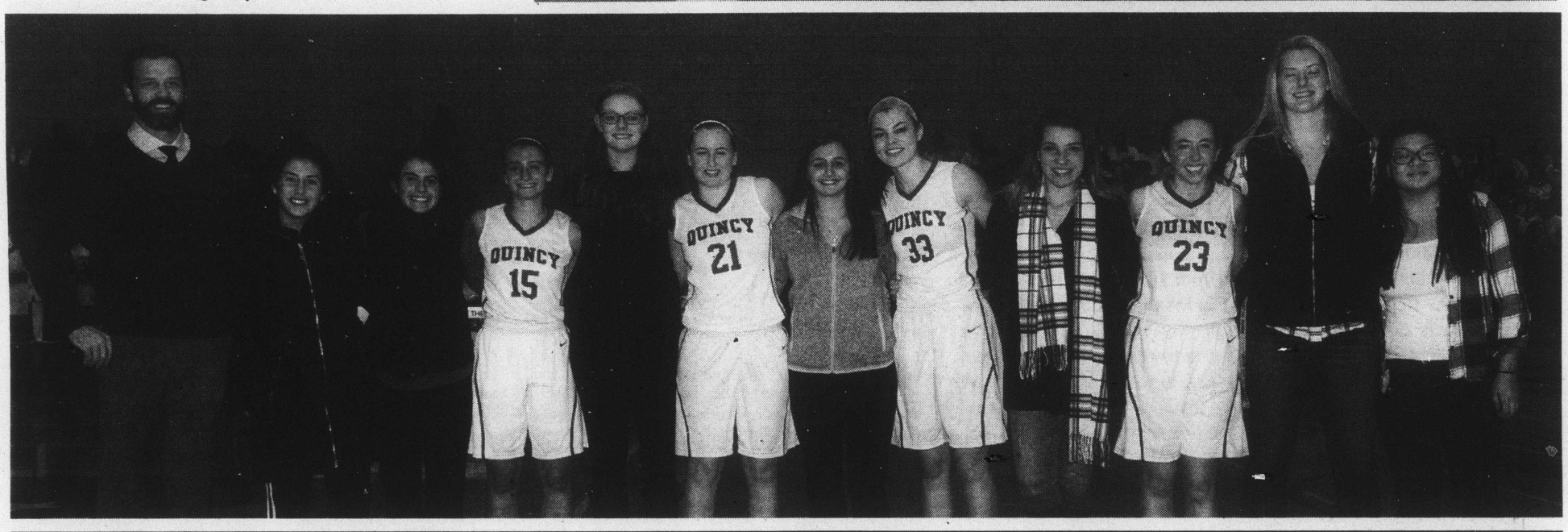
WALK-IN REGISTRATION

SATURDAY, JANUARY 28th
10AM-NOON
The Quincy Youth Hockey Arena
60 Murphy Memorial Drive

Quincy High Girls Basketball Teams Honored

QHS TEAMS HONORED – Members of the 1980-81 and 1981-82 Quincy High School girls basketball teams attended a recent game to celebrate the Patriot League Championship of last year's basketball team. The photo at right shows members of the 1980-81 and 1981-82 teams and the photo below shows members of last year's Patriot League championship squad. In 1981, the Quincy High School girls basketball team was the first in school history to represent Quincy High School in the state tournament. During that era teams had to win 70 percent of their games to qualify for the state tournament. They aso provided an example for the team the following year to win the Suburban League title.

Quincy Sun Photos/Robert Bosworth



Senior Diver Bailee Carey Shines For QNQ Swimming/Diving

In 11 of 12 scores, senior diver Bailee Carey earned six or better en route to her victorious 242.1 points in the Quincy (0-4) girls swimming and diving team's 58-41 loss to visiting Scituate at the Lincoln-Hancock Pool Jan. 5.

North Quincy (0-3) fell 66-28 and the Quincy/North Quincy boys (1-3) lost 96-68.

In her final dive of the one-meter dive competition, Carey earned an eight and one-half for her reverse dive, one somersault in the pike position. She also anchored the 200-yard medley relay joining teammates junior Izadora Lenna, the team captain, Tammy Ma, and Kat Casey who placed second with a time of 2:22.06.

Quincy's best showing came in the 100 butterfly when junior Julie Hong and Kat Casey finished one-two, swimming 1:24.74 and 1:27.35, respectively. Long distance senior swimmer Emilia Kapcia took second in the 200 freestyle (2:38.40) and third in the 500 freestyle (7:52.06). Finishing in second and third in the 50 freestyle were freshman Alison Cahill (30.06) and sophomore Eni Daci (30.84).

Junior Tammy Ma's time of 2:55.37 in the 200 individual medley earned her silver and her 1:27.54 effort in the 100 breaststroke placed third. Senior Kayla Ahrens was second in the 100 backstroke (1:27.29); and Kapcia, Ma, senior Madison Synan and sophomore Hannah Ford earned second in the 200 free relay (2:00.00).

For the North Quincy girls, sophomore Juliana Chieng won the 50 freestyle clocking 27.00 and led off the 200 freestyle relay contingent including sophomore Anastasia Zygouras, freshman Amaryllis Gu, and junior Brenna Kirby who placed a close second (1:59.97) to Scituate.

Individually, Kirby won the 100 butterfly (1:24.97), and Gu swam 2:36.15 for second in the 200 free and 1:26.46 for third in the 100 breaststroke. Zygouras' 1:31.46 landed her third in the 100 backstroke and senior captain Danielle O'Driscoll was third in the 200 individual medley (3:07.32). Freshman Denise O'Donovan finished third in the 50 free (31.75).

Despite erasing a deficit, the Quincy/North Quincy boys 200 medley relay team of freshman Stanley Chen (NQ), senior Thomas Tran (Q), senior captain Jian Kun Zhang (NQ), and sophomore Kenny Ng (NQ) just missed overtaking the top finisher by 15 one-hundredths of a second with their time of 1:53.18.

In another close contest, Zhang finished at 2:11.85 in the 200 individual medley for second, just .22 off the pace. However, Zhang did take home top honors in the 100 breaststroke (1:06.71). Tran won the 50 freestyle (25.03) and earned silver in the 100 butterfly (1:02.97). Sophomore Adam Tlacxolal (NQ) overcame a five-yard deficit in the final 25 yards of the 200 freestyle to finish at 2:26.39 just one-hundredth of a second off of third place and he then placed second in the 100 backstroke. (1:19.50).

The 200 free relay of Zhang, Ng, sophomore Kevin Warner (Q) and Tran placed second swimming 1:43.74.

QNQ hosts Hanover today (Thursday) at 4 p.m. at the Lincoln-Hancock Pool.

In other action:

Senior Bailee Carey captured top honors three times and added a second to lead the Quincy girls swimming and diving team (0-3) in their 100-80 loss to Middleboro Jan. 3 in Middleboro, Mass.

The Quincy/North Quincy boys team (1-2) fell 81-74.

Carey won the one-meter dive, 50-yard freestyle (28.00), and the 200 free-style relay with teammates sophomore Kumidini Devalla, senior Emilia Kapcia, and freshman Alison Cahill with a time of 2:02.63. Carey also anchored the Quincy 200 medley relay contingent of senior Kayla Ahrens, Devalla, and junior Julie Hong that placed second (2:25.60). Junior Tammy Ma touched the wall first in the 100 breaststroke (1:29.17), and Julie Hong was second in the 100 butterfly (1:28.67). Devalla earned third twice swimming 3:00.15 in the 200 individual medley and 7:12.27 in the 500 freestyle. Ahrens was third in the 100 backstroke (1:29.12) and sophomore Eni Daci placed third in the 50 free (31.75).

For the Quincy/North Quincy boys team, senior Thomas Tran (Q) garnered first in the 100 breaststroke (1:09.15) and second in the 100 butterfly (1:01.75), just sixty-five hundredths of a second off the pace. He also joined teammates sophomore Kevin Warner, freshman Logan Almeida (Q), and sophomore Guilherme Eller (Q) for second in the 200 freestyle relay (1:53.14); and freshman Stanley Chen (NQ), Almeida, and sophomore Kenny Ng for second in the 200 medley relay. Kevin Warner won the 200 free (2:21.49), and Kenny Ng was second in the 50 free (26.85).

VOICE FOR HEALTH
by Dr. Gabrielle Freedman
Chiropractor

NOT ALL IN YOUR HEAD

A "tension headache," which is the most common kind of headache, is often referred to as a muscle-contraction or stress headache. These popular terms for tension headaches derive their names from the notion that the headaches are caused by excessive stress or tension that leads to muscle contraction. This type of headache is characterized by a steady, dull ache that feels like a band is tightening around both sides of the scalp and knots in the upper neck. Tension headaches are quite common among individuals working at computer terminals who bend their necks and scrunch their shoulders for long periods. Chiropractic treatment may not only improve posture, but it can also eliminate (or reduce) tension headaches in the process.

Headaches are common in patients with chiropractic problems. A cause can be from spinal bones in the neck that aren't supporting the head properly. This can affect nerves, muscles and even the blood supply to the head. Research has shown that the most common types of headaches respond well to chiropractic care. To schedule an appointment at **FAMILY PRACTICE OF CHIROPRACTIC**, please call **617-472-4229**. Our practice is located at **112 McGrath Hwy., Quincy.**

P.S. Tension headaches can be caused by excessive gum chewing or jaw clenching (bruxism).

www.freedmanchiro.com

QHS Hockey Hall Of Fame Induction Ceremony Jan. 20

The Quincy High School Hockey Hall of Fame announces seven new members will be inducted Friday, Jan. 20.

The inductees are:

Michael Nevins (Class of 1982), Bobby Hall (Class of 1998), Bobby Harvey (Class of 1998), posthumously; Scott Mattson (Class of 2000), posthumously; Bill McKeon, (Class of 2002), Joshua Giordani (Class of 2004) and Coach Bob Hayes who will be inducted as a Special Friend.

The ceremony will be held Friday, Jan. 20 at 6:30 p.m. at the Furnace Brook Golf Course. Tickets are $30 each, full course dinner provided by Anthony Columbus.

For tickets Contact Dennis Bertoni (dbertoni76@gmail.com) or call 617-653-1526. Deadline for tickets is Jan 14th.

Hancock Lot Project Parcel Appraised At $940,000

Cont'd From Page 1

The highest-value use for the site the market would sustain, according to the appraisal, is a 48-unit, seven-story 'stick over podium building' with 3,790 square feet of retail space on the first floor. The market value project would include 60 parking spaces on the three first levels of the building, with the residential units above.

McKinney said the total value of the land under that scenario would be $1.97 million. The appraisal credits O'Connell for having to pay for the construction and maintenance of a new public park on Cottage Avenue adjacent to his property on two parcels of land the city would acquire. Those credits are worth more than $1 million combined, and bring the appraised value down to $940,000.

Ward 4 Councillor Brian Palmucci questioned the methodology used to determine the appraised value. Downtown projects, he said, would require fewer parking spaces than the hypothetical one the appraisal was based on, which would increase the value of the land.

"That is a public asset and I have a fiduciary obligation to the taxpayer that we get maximum return for that asset," Palmucci said. "My fear here is what we're doing is we're saying 'in order for the 15-story building to work, the appraisal has to come in at x, and then how do we get to x?'"

McKinney said the appraisal was not meant to set the price at a certain amount, but was instead about finding market value.

"I want to state very clearly that this was not a back solving exercise. This was not an exercise in which you say 'it's a million bucks, let's devise a scenario that gets to a million bucks,'" she said. "It's about trying to understand what the market place would pay for a site on which the market would build what the market can do feasibly."

The appraisal also states the 48-unit hypothetical project it is based on would comply with the city's Inclusionary Zoning Ordinance – which requires developers to include affordable housing in their projects or make a contribution to the Affordable Housing Trust Fund.

Councillor Joseph Finn noted, however, that urban renewal projects in Quincy Center are exempt from those requirements under the city's zoning code. He wanted to know what impact the affordable housing consideration had on the appraised value.

"The reality is, being within the urban redevelopment zone, so to speak, it doesn't have to meet the Inclusionary Zoning Ordinance," Finn said. "What would be the adjustment in the costs due to the fact that in our zoning ordinance we have exempted this particular area from the Inclusionary Zoning Ordinance? What's the difference?"

In response, McKinney said the adjustments for affordable housing were based on the requirements included in the city ordinance but did not say what the difference in price would be.

In addition to the appraisal of the project site, councillors also raised questions about parking – both during and after construction.

As part of its plan for the 500-space Hancock Lot, the city plans to construct a new municipal garage on site. The garage size and price have yet to be determined, but it would likely have room for 650 to 700 vehicles.

The LDA with O'Connell would require the developer to oversee construction of the garage at the same time Chestnut Place is built. O'Connell would then lease spaces in the garage. The council would have to approve the plans for the garage in a separate vote at some point this spring.

Councillor Noel DiBona asked how those who currently park in the Hancock Lot would be accommodated once a portion of it is closed to allow construction of Chestnut Place and the garage. Construction of the two is expected to take roughly 18 months.

"In that timeframe – let's say this all moves forward – where is everybody going to park that wants to go and use the courthouse, that wants to go to the Fours restaurant or go to Alba and have a drink?" DiBona said. "Where is everybody going to park?"

William Geary, Koch's special counsel for downtown development, said the city would look to use the area of the former Ross Garage – where a surface lot with 235 spaces recently opened after the garage was torn down last year.

"The Ross Garage area has new lots. We are implementing a plan whereby as spaces are taken out of – and this is going to be on a staggered basis – the Hancock Lot, we will move people over to the Ross area, just as when we took down the Ross Garage and moved people from the Ross area over to the Hancock area," Geary said.

Additionally, he said the city could look to create smaller parking lots in the area, like it did when two on either side of the Hannon Parkway opened last summer before the Ross Garage came down.

"This is a complicated dance – there is nothing easy about it at all – but it doesn't mean we don't dance," Geary said.

Palmucci expressed concern about not having more details about the proposed municipal parking garage while being asked to vote on the O'Connell LDA. If the LDA were approved, he said, councillors would have no choice but to approve the garage.

"These are the times you have to make the decisions, because later on there is only one vote you can take. You can't say no because we're not going to blow up the entire deal should it proceed," Palmucci said.

Geary said councillors would be presented a range of options – in both size and cost – to vet in late March or early April. Palmucci welcomed that news.

Ward 2 Councillor Brad Croall said the number of spaces is paramount, because drivers would park on nearby residential streets if there were not enough.

"When it comes to parking, we would rather have it and not need it than need it and not have it," Geary said. "Shoot for the sky with the numbers because, as you know, if folks can't adequately park in the garage they go right into the neighborhood and the neighbors did not sign up for that."

If approved by the City Council, work on the garage and Chestnut Place could commence in September or October of this year and be finished by the first quarter of 2019. Before work on Chestnut Place can begin, the Planning Board must approve plans for the site and O'Connell would have to secure financing.

Chestnut Place is one of four developments seen on the Hancock Lot. An LDA for a second project – a hotel at 1500 Hancock St. proposed by LBC Boston – was introduced to the council in December. Ward 1 Councillor Margaret Laforest, chairwoman of the body's ordinance committee, said then the council would not begin its review of the LBC agreement until the O'Connell one is finalized.

The remaining two projects would be located on portions of the lot adjacent to Revere Road, with the parking garage in between them. No definitive plans for those parcels have been announced.

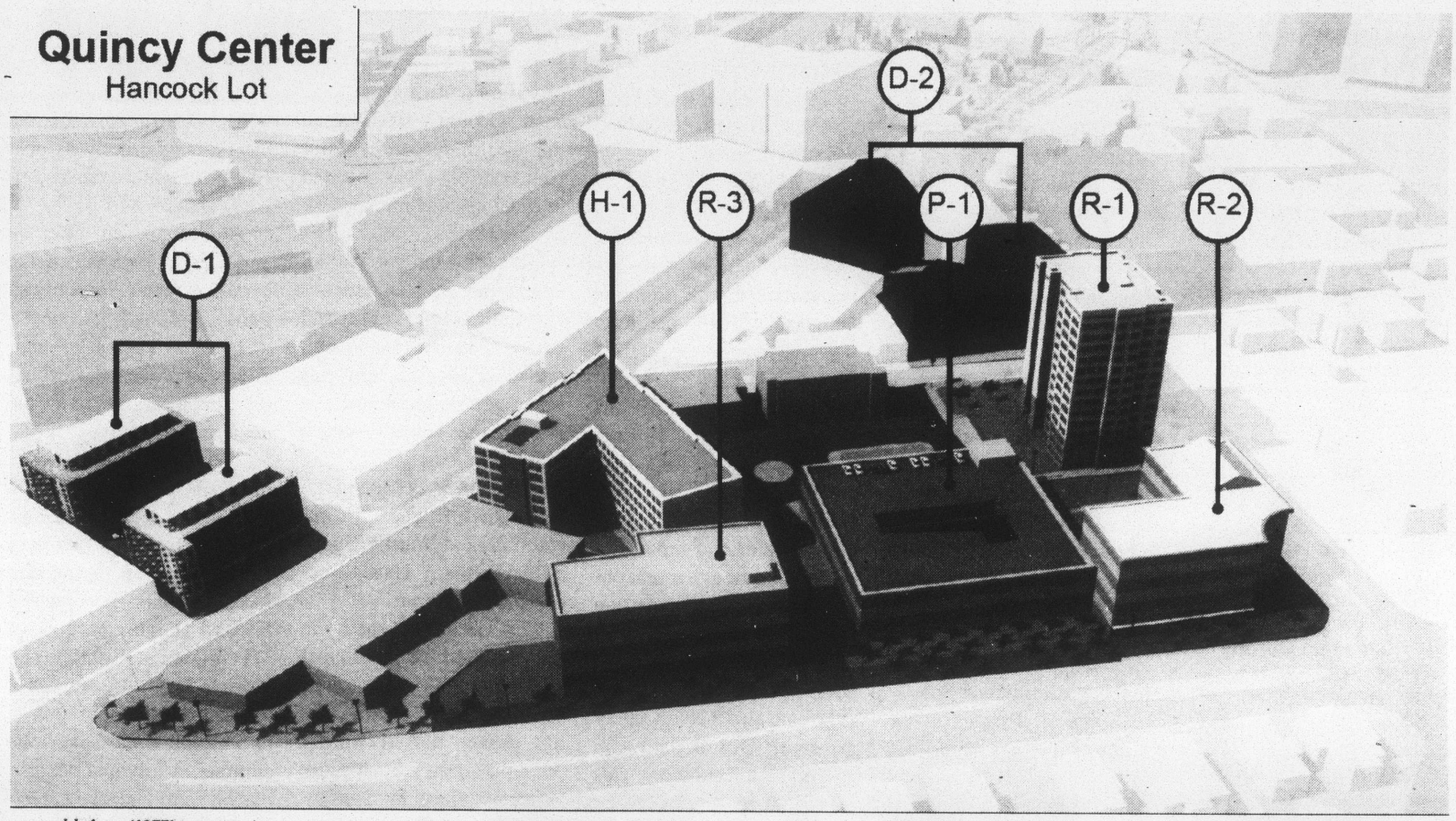
DiBona asked about the future of commercial development in Quincy Center. Would-be residents, he said, need something other than the Red Line to draw them to the area, while current Quincy residents would also benefit from new commercial space.

"If I was somebody who was going to take myself out of a house or whatever it is and I wanted to buy or rent in the downtown area, I'd be looking for commercial. I'd be looking at what kind of amenities does this place have, besides getting into Boston. Does it have a variety of restaurants? Does it have…a supermarket? What does it have extra that would gravitate me toward Quincy, Massachusetts, if I wasn't from here?" DiBona said.

"If I was from here, how can the downtown in a nutshell help some of the people that already live here?"

Geary said the city would like to add commercial development to the downtown. Planning Department officials, he said, have been pursuing possible commercial developments and meeting with developers, and the mayor in December announced FoxRock Properties would be the designated developer for the Ross Garage area, focusing on commercial development there.

Additionally, the future developments on the Hancock Lot would have a retail component on the first floor – regardless of what goes above – Geary said.



SCHEMATIC DESIGN showing the city's plans for development on the Hancock Lot, as well as two nearby projects already built or under construction. The project labeled R-1 is Peter O'Connell's 15-story Chestnut Place proposal now under consideration by the City Council, and H-1 is LBC Boston's proposed hotel. No developer has been designated for the other two parcels, labeled R-2 and R-3 and located along Revere Road. A municipal parking garage, with room for up to 700 cars, would be located in the center of the lot and is labeled P-1. Also shown are Cliveden Place (D-1), which is now under construction, and West of Chestnut (D-2), which opened last year.

Graphic Courtesy City of Quincy

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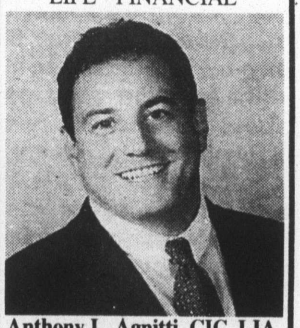

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21 FRANKLIN ST., QUINCY

$275,000 For School Bubbler, Sink Repairs

Cont'd From Page 3

tal Protection.

The fountains with lead levels greater than 15 ppb were shut down immediately, and sinks exceeding that level were labeled for hand washing only. The city has now begun the process of replacing those fixtures.

Paul Hines, commissioner of the Public Buildings Department, said the cost to replace all fountains and sinks with lead levels greater than 15 ppb is $170,000, including the cost to drain and recharge water systems in each building, test all joints and reset flushometers.

Additionally, Hines said the EPA might soon lower the action level for lead. Though it is unknown what the new regulatory limit would be, Hines recommended replacing all fountains and sinks with lead levels greater than 5 ppb.

Some 50 fixtures in the school buildings have lead levels between 10 and 14 ppb, Hines said, and the estimated cost to fix those is $30,000. Another 75 fixtures have lead concentrations between 5 and 9 ppb, and the cost for remediating those is estimated at $45,000.

In addition to the $245,000 for de-leading the sinks and fountains, $25,000 will go towards replacing the school nurse's bathroom at the Montclair Elementary School. Hines said the bathroom is no longer operable and sick students are being forced to use common bathrooms down the hallway outside of the nurse's watch.

Councillor Noel DiBona credited Mayor Thomas Koch for water testing done during the fall, and welcomed the effort to de-lead the fountains and sinks.

"I look at it as a moral obligation. Whatever party you are, whatever you believe in, every kid that wants to go to school should be able to be safe and this is a safety measure," DiBona said.

The appropriation was approved in an 8-0 vote. Ward 3 Councillor Ian Cain was not present Monday.

Auditor Susan O'Connor said the city had more than $1 million in state-certified free cash available prior to the council's vote.

A second proposed appropriation from the free cash account - $60,000 to the Health Department for pest control – was referred to the finance committee for further review.

Also on Monday, Ward 5 Councillor Kirsten Hughes was re-elected to her second one-year term as the council president. Hughes, who was first voted to the council in 2011, is the second woman to hold the post.

Councillor Joseph Finn nominated Hughes for re-election, and Ward 6 Councillor William Harris seconded the motion.

"She has established – in the tradition of municipal governance – being non-partisan on the issues. She has proven herself worthy over this past year. It's my honor to place in nomination Kirsten Hughes," Finn said.

"I'm honored to be able to second the nomination. You've done a great job since I've been here," Harris said.

"It is a pleasure," Hughes said after the vote, "and I will endeavor to keep the meetings as orderly as possible, but you all make it so easy. Thank you."

Hughes is an attorney and the chairwoman of the Massachusetts Republican Party.

In other business, councillors approved the schedule for meetings over the next year.

The full council will meet on the first and third Monday of each month this spring, except for February and April when the second meeting will be pushed back to Tuesday because of Washington's Birthday and Patriots Day.

The council will take a two-month break over the summer in July and August, barring any special meetings. The council will again meet on the first and third Monday of each month in the fall, except for September – the first meeting will be held the Tuesday following Labor Day – and November, when the first meeting is pushed back a week because of the municipal election.

Committee meetings are announced over the course of the year.

The council accepted $5,150 in donations. The lion's share – $5,000 – was from Eastern Bank to the Mayor's Charity Cup Golf Tournaments, the proceeds of which benefit assorted local charities. Dorothy Healy donated $60 to the Quincy Police Department DARE program in memory of Joseph H. Healy Jr., and Ann Demoney gave $50 to the Quincy Fire Department.

The council also approved Verizon Wireless' request to install a smell cell wireless antenna on the utility pole at 1126 Sea St. A similar request to install an antenna at 125 Huckins Ave. in Squantum was not voted on at the request of Harris, who cited concerns from nearby residents.

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
Docket No. NO16P3258GD
In the matter of:
KiJuan M. Murphy
Of: Quincy, MA
RESPONDENT
Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by Kieoka T. Murphy of Quincy, MA in the above captioned matter alleging that **KiJuan M. Murphy** is in need of a Guardian and requesting that Kieoka T. Murphy of Quincy, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **01/25/2017**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. John D. Casey, First Justice of this Court.

Date: December 22, 2016
PATRICK W. McDERMOTT
Register of Probate

1/12/17

Tax Break For Affordable Housing Project Approved

By SCOTT JACKSON

The City Council on Monday night approved a tax incentive agreement that will allow for the construction of a 140-apartment building in Quincy Point featuring 28 market rate units, 86 workforce housing units and 26 affordable housing units.

The building, known as The Watson, will be located at 116 E. Howard St., presently home to a vacant office building. The Planning Board approved plans for the new residential building in April 2015, and construction of The Watson could start as soon as March.

The council had approved the creation of a housing incentive development zone in December that set the stage for Monday's vote.

The agreement approved Monday gives the developers behind the project – NeighborWorks Southern Mass. and WinnDevelopment – an 80 percent exemption on the increase in property values over the first five years. The exemption would decrease to 67 percent in years six through eight, 59 percent in year nine, and 57 percent in year 10. After year 10, full property taxes would be paid on the property.

Rob Corley, NeighborWorks executive director, said the city would not receive less property taxes during the 10-year agreement than it currently does now. Over the 10-year period, he said the city would receive $375,000 more than it currently does in taxes paid on the property, and after the agreement expires the city would receive $335,000 more each year than it does now.

The agreement also makes the project eligible for up to $2 million in state funding. Corley said the project could not happen without the tax incentives or the state money.

Robert Muollo of the Quincy Planning Department said The Watson is a chance to improve upon what is now a vacant property while creating a mix of housing opportunities. Additionally, he said it could help spur future development in the area.

Ward 2 Councillor Brad Croall was supportive of the proposal Monday night, saying it would create a diverse mix of housing, as opposed to the high-end proposals seen elsewhere in Quincy, especially the downtown.

"We are serving a demographic across all ends of the spectrum," Croall said. "I just think that's so important."

Ward 4 Councillor Brian Palmucci supported the agreement, but said the city should consider revising its affordable housing ordinance to require a larger payment from developers. Those larger payments could then be used for projects such as The Watson, as opposed to tax incentives.

A Job Well Done, Crime Prevention Journal Will Resume Jan. 19th Issue

Finance for Life!

Who: Quincy High School Students, Teachers welcome!
What: 4 workshops on Personal Finance from 2:30 p.m. to 3:30 p.m.
When: Thursday January 12th, 19th, and Thursday February 2nd and 16th
Where: D3 Group Construction Room

Workshops held by Quincy Credit Union and AAA that will teach the basics of personal finance!! **Raffles** and **Giveaways!**

Refreshments will be served!

5 Tips for Avoiding Holiday Clean-up Disasters – And The ER

By DR. JACK CORNWELL
Medical Director
CareWell Urgent Care

Taking down holiday decorations is never quite as fun as putting them up, and if you're not careful, cleaning up can end in painful injuries.

It is estimated that there are about 250 ER visits per day caused by holiday decorating and clean-up, starting in November as soon as trees and lights are available and going into the end of January.

Here are 5 tips for avoiding the ER while packing up this holiday season.

1. Be safe when using a ladder. Make sure your lights are unplugged and you have the necessary boxes to store them before you climb up to the roof. Try to always have a helper who can hold the ladder steady for you just in case, and don't lean too far when reaching for decorations. Remember it is always best to wear shoes when climbing a ladder to help avoid slipping.

2. Don't move furniture that is too heavy. Remember all that furniture you had to move to accommodating the Christmas tree? Well, now you have to put it back. Be sure to have someone help you so you can avoid straining muscles and pulling your back. Additionally, when you do need to lift anything heavy, make sure to lift with your knees – not your shoulders or back.

3. Wear appropriate shoes while taking down outdoor decorations. It's often slick outside in January, so make sure you wear a pair of shoes with good traction before heading out. Otherwise you and your mini Santa are going slip on ice and land yourselves in the doctor's office or urgent care center.

4. Turn off the power before unplugging things. It may be tempting to watch the lights twinkle one last time while you're taking them down, but it's important to turn off the power appropriately. Avoid getting zapped by flipping off the light switch before you unplug and wrap up your Christmas lights.

5. Don't leave decorations laying on the floor. Staying organized while packing things up not only makes the process go much easier, but it's necessary to keep from hurting yourself. Avoid tripping and falling this season by keeping your ornaments and garlands on tables and chairs rather than the floor.

If disaster still prevails, know where to go for care. A local urgent care center, such as CareWell, is a sure bet to treat a nonlife threatening injury. If your injury is life threatening call 911 or go to your nearest emergency room.

Real Estate

Quincy Real Estate Transactions January 3 - January 6

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Patrick J. & Beth J. Stevens	Inthira Lung	$424,000.00	32 Verchild Street
Susan Martinelli & Robert P. Meehan	Ya Zheng Yan & Ri Y. Pang	$385,000.00	269 Harvard Street
46 Tinson Road No. 4 Realty Trust	Jia H. Gu & Ming H. Lee	$322,000.00	46 Tinson Road Unit 4
BMAT ILLC	Squaw Rock LLC	$485,000.00	101 Bellevue Road
Samantha & Donna D. Cox	Hung D. Huynh & Hau T. Truong	$355,000.00	69 French Street
Joseph H. & Pamela A. Palumbo	Alexandra A. Palumbo & Peter J. Lyons	$525,000.00	223-225 Federal Avenue
Helen Cobban, Catherine Donath & John D. Mills	Gordon W. Neff	$470,000.00	8 Roselin Avenue
Kismet Ventures LLC	Kelly T. Nguyen	$570,000.00	54 Union Street
T.M.G. Realty LLC	250 Copeland Street LLC	$850,000.00	252 Copeland Street
Ruta Bukauskas	Ferren Liu	$283,000.00	115 West Squantum Street Unit 1118
Marios Enterprises LLC	73 Franklin Street Realty Trust	$1,725,000.00	73 Franklin Street
Zong Y. Zhu & Ping Lin	Ru Chen & Xiaowei Gao	$595,000.00	50 Brook Street
Paul, Patricia, Joseph, Mark & John Lebbossiere & Julie Pitts	Miao & Wang Chen	$360,000.00	69 Hamilton Street
E.Y. Realty LLC	Wa S. Ching & Yuyun Jiang	$845,000.00	224 Farrington Street
Beagan Family Trust	Kathleen Murray	$260,000.00	3 Dorchester Street Unit 11-6
Larry F. & Karen Player	Phuong Thuy Dang	$690,000.00	223 Victory Road Unit 12-7
Clare F., David E., & Eliza A. Nutting	Siu Cheung & Sarah Cheung Law	$185,000.00	21 Linden Street Unit 410
John J. & Denise V. Dow	Michele N. Gagnon	$615,000.00	22 Tilden Circle Unit 4-5

Snow Blower Safety Tips: Keep Best Practices In Mind This Winter

Outdoor Power Equipment Institute Reminds Home, Business Owners About Safe Handling

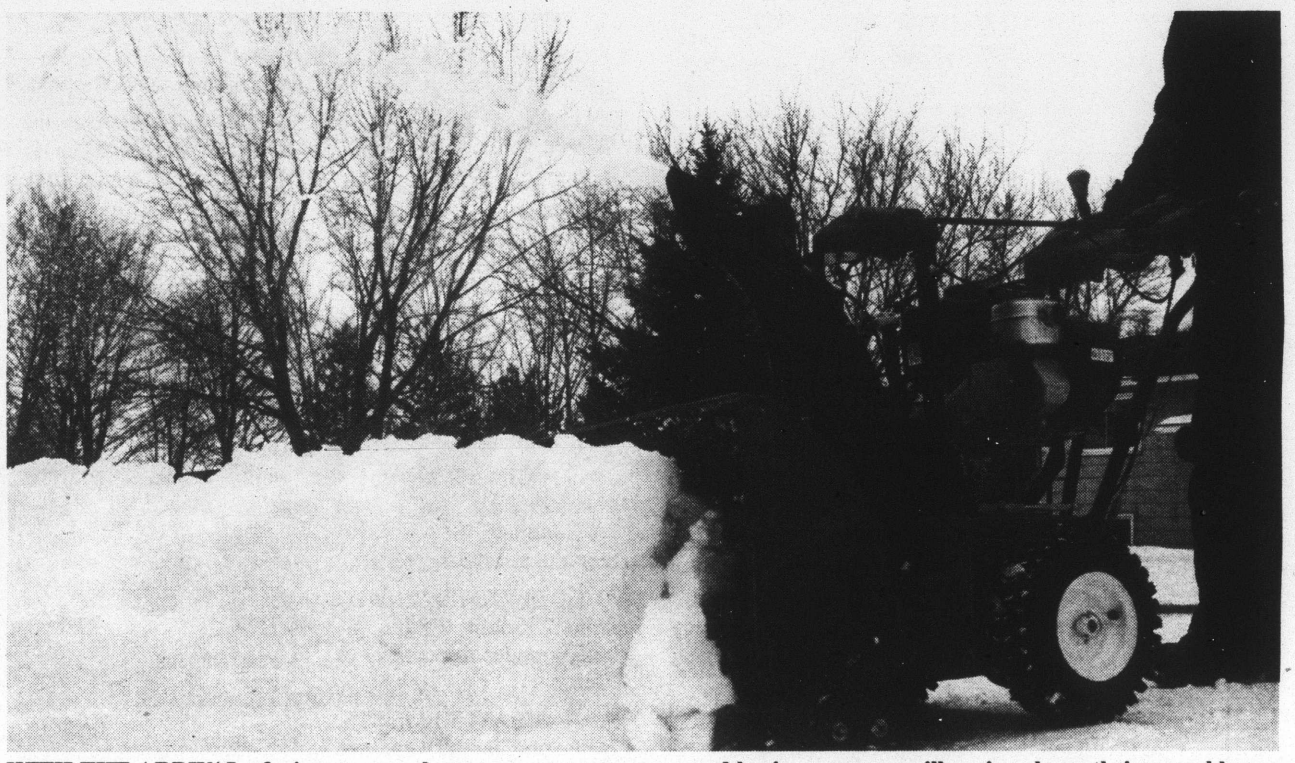
With winter snows arriving, homeowners, contractors, and business owners will again rely on their snow blowers to clear driveways and walks. The Outdoor Power Equipment Institute (OPEI) is offering tips for safe and correct use of snow blowers.

"Your indispensable winter friend, the snow blower is ready to be powered up and it's important to keep safety in mind," says OPEI President and CEO Kris Kiser. "Be sure to prepare and consider the following tips before you use your equipment:

PREPARE BEFORE IT SNOWS

Review your owner's manual and check your equipment. Check your owner's manual for safe handling procedures from your manufacturer. If you forgot to drain the fuel last winter before storing your snow blower, drain the tank now. Adjust any cables. Check the auger (the snow blower should always be completely powered off when you are checking the equipment). Know how to operate the controls. You should be able to shut off your equipment quickly.

Prepare your fuel and handle it properly. It's important to have the right fuel on hand for your snow blower – movement and fuel availability may be limited during a snowstorm. Be sure to use the correct fuel, as recommended by your equipment's manufacturer (for more information on fueling properly see www.LookBeforeYouPump.com). Fill up the fuel tank outside before you start the engine and while the engine is cold. Never add fuel to a running or hot engine.



WITH THE ARRIVAL of winter snows, homeowners, contractors, and business owners will again rely on their snow blowers to clear driveways and walks. The Outdoor Power Equipment Institute (OPEI) is offering tips for safe and correct use of snow blowers.

Be sure to clean the area you intend to clear with your equipment. Snow can sometimes hide objects that if run over by a snow blower, may harm the machine or people. Doormats, hoses, balls, toys, boards, wires, and other debris should be removed from the areas you intend to clear.

Dress appropriately. Wear safety glasses and footwear that can handle slippery surfaces.

OPERATE YOUR EQUIPMENT SAFELY

KEY SAFETY TIP: Never put your hands inside the auger or chute. Use a clean out tool (or stick) to unclog snow or debris from your snow blower. Your hands should never go inside the auger or chute. Make sure the snow blower is in the off position before addressing any clogs.

Turn OFF your snow blower if you need to clear a clog. If you need to remove debris or unclog snow, always turn off your snow blower. Wait for all moving parts to come to a complete stop before clearing any clogs or debris.

Only use your snow blower in visible conditions. Never operate the snow blower without good visibility or light.

Aim your snow blower with care. Never throw snow toward people or cars. Do not allow anyone to stand in front of your snow blower. Keep children or pets away from your snow blower when it is operating.

Use extreme caution on slopes and hills. Use caution when changing directions on slopes. Do not attempt to clear steep slopes.

Know where your cord is. If you have an electric powered snow blower, be aware of where the power cord is at all times. Avoid tripping. Do not run over the power cord.

More safety tips and information are available at www.opei.org.

Gas Prices Up Two Cents

Gasoline prices in Massachusetts are up two cents this week, according to AAA Northeast.

AAA's January 9 survey of prices in Massachusetts finds self-serve, regular unleaded averaging $2.29 per gallon. The Massachusetts price is eight cents below the national average for regular unleaded of $2.37. A year ago at this time, the average price in Massachusetts was 34 cents lower at $1.95.

The range in prices in the latest AAA survey for unleaded regular is 25 cents, from a low of $2.19 to a high of $2.44. AAA advises motorists to shop around for the best prices in their area, and to make sure they and their passengers buckle up — every time.

Today's local gas prices and their ranges are as follows:

Self Serve	Grade
$2.29 ($2.19-$2.44)	Regular Unleaded
$2.50 ($2.37-$2.69)	Midgrade Unleaded
$2.65 ($2.49-$2.89)	Premium Unleaded
$2.57 ($2.45-$2.69)	Diesel

Find the most up-to-date local gas prices with the AAA Fuel Finder by logging onto AAA.com and clicking on Gas Saving Tips & Tools.

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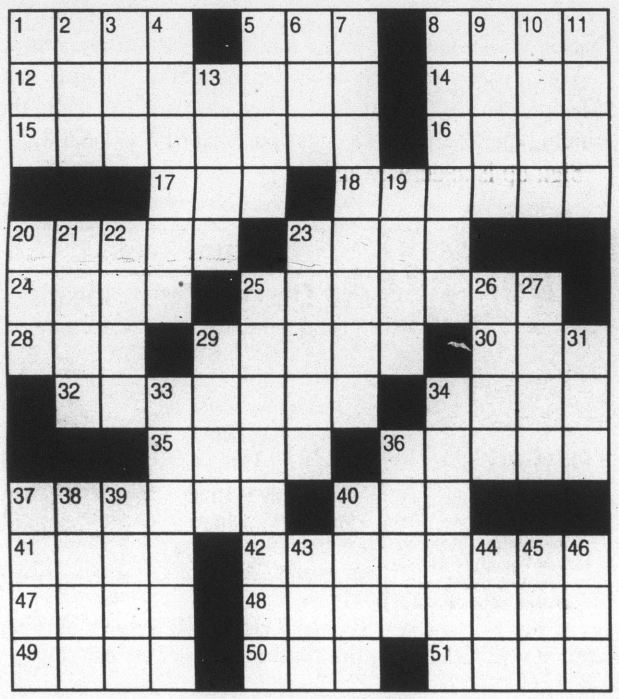
SUN FUN PAGE

King Crossword

ACROSS
1 Innocent one
5 Unhappy
8 Lovers' quarrel
12 Nautical hanger-on
14 Not pizzicato
15 Barbecue fuel
16 Tarzan's transportation
17 Qty.
18 Pictures
20 Chunk of cheese
23 Read bar codes
24 A Great Lake
25 Hire, as a boat
28 "— the season to be jolly"
29 Word with mouth or training
30 Solemn promise
32 Brown or Sheen
34 Darling
35 Swindle
36 Chicago, the — City
37 Dig up
40 Trigonometry ratio (Abbr.)
41 Cons' opponents
42 Entrancing
47 Relaxation
48 Coffee liqueur
49 Sight organs
50 Obama, before he became pres.
51 Shrill bark

DOWN
1 Eng. channel
2 "That feels so good!"
3 Lingerie item
4 Anger
5 Highlander
6 — carte
7 Fragile
8 Learned one
9 Overly proper one
10 Dermatologist's case
11 "Piggies"
13 Pinnacle
19 Little lamb's owner
20 Sopping
21 Guitarist Clapton
22 Plate
23 Comic bit (Var.)
25 Gathers
26 Divisible by two
27 Highway
29 — and proper
31 Kind of wit
33 Mistreats
34 Unnerve
36 Apple invader
37 Duel tool
38 MRI forerunner
39 Firetruck necessity
40 James of "Brian's Song"
43 Hasten
44 Rage
45 Zero
46 Space



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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Ball is different. 2. Arm is missing. 3. Sign is missing. 4. Cork is missing. 5. Hairdo is different. 6. Pocketbook is missing.

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Trivia test

by Hifi Rodriguez

1. GEOGRAPHY: What is a biblical name for Lake Tiberias, located in Israel?

2. INVENTIONS: In what century was the first commercially sucessful steam engine invented?

3. ART: Which 17th-century Flemish artist was known for painting full-figured, voluptuous women?

4. GOVERNMENT: What famous South Pacific island is under the control of France?

5. MEASUREMENTS: How long is the Chunnel, the underground tunnel between England and France?

6. MOVIES: What 1990s Coen brothers movie featured the tagline, "A lot can happen in the middle of nowhere"?

7. ASTRONOMY: Which planet in our solar system has a moon named Phobos?

8. SCIENCE: What is the name for the condition in which the air temperature reaches 100 percent relative humidity and condensation occurs?

9. SUPERHEROES: Which superhero is more commonly known as Linda Lee Danvers?

10. GENERAL KNOWLEDGE: What month is traditionally associated with the opal birthstone?

Answers

1. Sea of Galilee
2. 18th
3. Paul Rubens
4. Tahiti
5. 31 miles
6. "Fargo"
7. Mars
8. Dew point
9. Supergirl
10. October

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Salome's Stars

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time, so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you might find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: F equals I

UTJUAT AFIT FR EVTX RVT HAJEX FK VTHIAFXL KEFCCTD EFAAFGCK. RVTB TXMJB EGRHVFXL RVT MTKRTD UTKRTD TKRVTD.

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MAGIC MAZE ● VOTER —

P R O L J G E B Y W U Y R P N
K I G D B Z X F C V T S Q O E
R E G I S T R A T I O N M K V
G I G E W T G T L U A V C T I
A N Y W I I H I U S Q P Y U T
N L I J N H B G F E C E Y O A
A Y X G G I V U I U V H S N I
Q P N M G K J E H R T F E R T
C E L I F I B D U A R F Z U I
Y S L L O R R S P X V U T T N
R E Q N O I T A D I M I T N I

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Apathy	File	Registration	Survey
Caging	Fraud	Rigging	Swing
Eligibility	Initiative	Rights	Vault
Fatigue	Intimidation	Rolls	

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Wishing Well®

6	2	7	5	3	5	2	4	8	6	4	2	6	
A	N	C	B	A	U	I	G	D	G	O	G	R	
3	5	4	8	6	4	7	2	7	6	4	8	2	
D	I	O	E	A	D	H	H	E	N	F	P	T	
4	2	6	4	5	8	3	2	5	7	6	2	6	
O	T	D	R	L	E	A	I	D	C	A	M	D	
7	6	4	3	8	7	6	3	5	7	4	8	2	
K	D	T	P	N	I	I	T	B	T	U	D	E	
8	3	2	8	4	6	3	6	2	4	7	8	3	
O	T	F	N	N	T	O	I	U	E	T	O	L	
7	6	4	7	2	4	7	3	4	6	3	7	5	
W	O	T	I	N	O	C	I	D	N	F	E	R	
8	4	3	4	8	5	8	5	8	5	8	5	5	
T	A	E	Y	H	I	E	D	R	G	S	E	S	

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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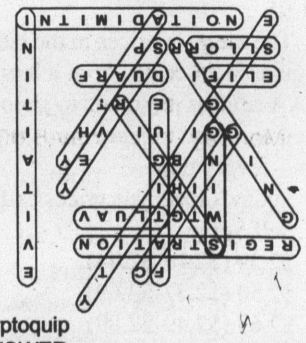
— King Crossword —

Answers

Solution time: 21 mins.

Magic Maze

ANSWERS:



Cyptoquip

ANSWER:

People like it when the clown is heckling swimmer Williams. They enjoy watching the jester pester Esther.

RELIGION

Bethany Congregational

On Sunday, January 15, Bethany Congregational Church, Quincy Center, will have a Worship Service and Sunday School at 10:00 a.m. The Rev. Peter M. Preble will conduct the service and preach a sermon entitled "Sharing in Christ's Baptism." Fellowship with light refreshments will follow the worship service.

All are welcome to attend Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon, and 1 to 4 p.m. Please visit us at our Web Page: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service on Sundays, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

MLK, Jr. Celebration Sunday At Highrock Quincy Church

Highrock Quincy Covenant Church, 315 Whitwell St., Quincy, will host a Martin Luther King, Jr. celebration Sunday, Jan. 15 from 11 a.m. to 2 p.m.

Organizers say the event will celebrate the vision, wisdom and calling of Martin Luther King, Jr. as a means to inspire change today.

Rev. Shaun Douglas Marshall, senior pastor of the Community Covenant Church in Calumet Park, Illinois, will be the guest speaker. There will also be a panel discussion entitled "Calling All Peacemakers." The discussion will focus on local race righteousness efforts.

Moderated by Highrock Quincy's Lead Pastor, Stephen Sharkey, panelists will include Teri Elliot-Hart, director of the Trinity Institute for Leadership and Social Justice; and Angel Cosme, a special education LifeSkills teacher at Brockton High School and a participant in the Latino Leadership Initiative at Harvard University.

A complimentary meal will be served to all those in attendance following remarks and the panel discussion.

All are invited to attend the celebration.

MLK, Jr. Presentation At Quincy Congregational

The 10 a.m. morning worship service Sunday at Quincy Point Congregational Church, 444 Washington St., Quincy, will feature a special presentation on the life and words of Rev. Dr. Martin Luther King, Jr.

The story of King's life will be read by Rev. Stan Duncan, the words of King himself by Ellen Tatreau, and in between will be hymns of the Civil Rights era sung by the Chancel Choir under the direction of Rachel Hallenbeck.

The church is handicap accessible via the Abbey Road side of the building.

Following worship there will be coffee and light refreshments in the social hall located on the lower floor. All are welcome.

Help others in need by donating non-perishable food items for Interfaith Social Services Food pantry. ISS assists South Shore community families in need in a multitude of ways like food, attire, counseling or utility/rent assistance.

Food Items are collected at Quincy Point Congregational Church the third Sunday of every month (this week) and delivered to ISS.

DOVE Support, Education Groups

DOVE has several support and education groups coming up:

Quincy

Healthy Communication and Boundaries

Facilitators: Lindsay and Stephanie

Thursdays 12 - 1:30pm (No Child Care Provided)

Jan. 26th - March 2nd (6 weeks)

Interested clients can call the intake line at 617-770-4065 x 122

Lesbian, Gay, Bisexual, Transgender, and Queer Survivors of Domestic Violence Support Group

Facilitator: Lindsay

Last Wednesday of every month 6 - 7:30pm

Jan. 25th, Feb. 22nd, March 29th, April 26th, May 31st, June 28th

Interested clients can call the intake line at 617-770-4065 x 122.

Houghs Neck Congregational Church

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Liturgist Christine KeatinLiturgist Gayle Mackay will call to worship and read the scripture lesson. Pastor Felix Carrion will preach his sermon "The Extraordinary in the Ordinary."

Taylor and Jeff Craig will serve for the Diaconate. Steve Reed, Minister of Music, will direct the choir. After the Children's message Sunday school begins downstairs. The nursery is available for infants and tots.

Following the service Nancy Jacobs hosts the pot luck coffee hour. Anyone can contribute and everyone is welcome to attend.

This is the first week of three weeks to donate to DOVE – DOmestic Violence Ended. The Mission committee is seeking twin bedding and bath towels. There will be a bin in the vestibule for collection.

Tuesday evening at 7 p.m. the Seaside Social Club is hosting a Travelogue with member Chris Keating about her recent travels to Denmark and Switzerland. There will be slides and trivia.

Refreshments will include food of the regions. Everyone is welcome to the free event. Business meeting at 6:30 p.m. for members.

Winter Bible Camp At Fort Square Church

Fort Square Presbyterian Church is offering a free Winter Bible Camp during February school vacation for grades kindergarten through grade 5.

The program consists of a Bible story, crafts, games, snacks, music and fun.

This year's theme is "Sheep, Sheep, Who is minding the Sheep?"

Sign-up is underway and space is limited to the first 30 children.

Camp hours are 9 a.m. to noon Tuesday, Feb. 21 through Friday, Feb. 24.

For more information or to register, email Laura McDonagh, volunteer children's ministry director, at childrensministry@fortsquare.org or call the church at 617-471-6808.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Latin Mass
1st & 3rd Wednesdays
(Lower Chapel) 7:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible & Handicapped parking, side entrance air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will lead the service & preach the sermon "The Extraordinary in the Ordinary"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service and Sunday School at 10AM
Rev. Peter M. Preble will conduct the service and preach the sermon "Possibilities Unfolding"
Child Care Available For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service
The church is wheelchair accessible

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

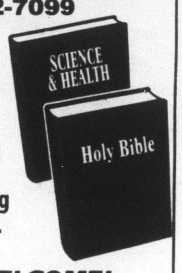
UNION CONGREGATIONAL
Beach St. & Rawson Rd., Wollaston
(617) 479-6661
Rev. John Swanson, Pastor
Sunday Worship Service 10 AM

QUINCY POINT CONGREGATIONAL
444 Washington St . • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.


ALL ARE WELCOME!

Nazarene

Wollaston
Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service
(Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

To Advertise in this Directory, Call 617-471-3100

PEACE

OBITUARIES

Patricia A. Linehan, 77

PATRICIA A. LINEHAN

A funeral Mass for Patricia A. (Mignosa) Linehan, age 77, of Stoughton, formerly of Quincy, was celebrated Monday in St. John the Baptist Church, Quincy.

Mrs. Linehan died peacefully Jan. 3 at St. Luke's Hospital in New Bedford, with the comfort of her daughter, Robyn.

She was born in Quincy on Feb. 24, 1939, to the late Joseph and Elena (Fasci) Mignosa. She was raised in Quincy and was a graduate of Quincy High School, Class of 1956, and attended the Chandler Secretarial School in Boston. She had lived in Stoughton for ten years, previously in Quincy for most of her life.

Mrs. Linehan was a homemaker but as a young woman had worked in the offices at the former Fore River Shipyard in Quincy.

She was a former active member and daily communicant of St. John the Baptist Church in Quincy. She enjoyed travelling to Bermuda, Switzerland, Monaco and Italy and many wonderful family vacations in her younger years. Later in life, she enjoyed crocheting, reading and following Boston sports teams, with a particular love for the Boston Celtics and especially the Boston Red Sox.

Mrs. Linehan's greatest love, however, was spending time with her daughter, Robyn M. Kelliher and her husband John of Wareham and her beloved granddaughters, Olivia, Angelina and Alannah, with whom she enjoyed playing games and supporting their activities. She was also affectionately called "Nana Pat" throughout her extended family.

Mrs. Linehan is also survived by her son, Edmund J. Linehan of Weymouth and a grandson, Derek Linehan also of Weymouth.

She was the former wife for thirty-three years of the late Edmund J. Linehan, and the dear sister of the late Frances George and Josephine Walden. She is also survived by many nieces and nephews.

Interment Mount Wollaston Cemetery in Quincy.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Dorothy M. O'Brien, 88

DOROTHY M. O'BRIEN

A funeral Mass for Dorothy M. "Dot" (Schneider) O'Brien, 88, of Quincy, was celebrated Jan. 6 in St. Ann's Church, Quincy.

Mrs. O'Brien died peacefully Jan. 2 surrounded by her family.

She was the most loving and caring woman whose family and friends were at the center of her life. Her smile was vibrant and her laugh heart warming. Mrs. O'Brien enjoyed sharing stories of her youth and really cared about her family. She always looked forward to being able to relax and read or go on trips to the beach.

Mrs. O'Brien had a passion for painting nautical landscapes and was an awarded member of the Quincy Art Association. She also was a member of the National Association of Retired Federal Employees, Chapter 430. She will be missed but certainly never forgotten.

Daughter of the late Walter and Daisy Schneider. Beloved wife of the late Charles J. O'Brien. Loving mother of Paul E. O'Brien and his wife Peggy of Whitman and Karen Donahue and her husband John of Kingston. Devoted Grammy of Kevin O'Brien and his wife Lauren of Raynham and Maura Donahue and her boyfriend Ian Newton of Plymouth. Cherished great-grandmother of Madelyn Anne O'Brien.

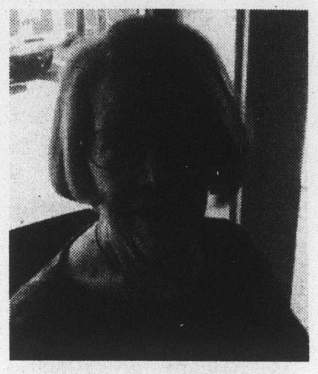
Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the American Cancer Society, 30 Speen St., Framingham, MA 01701.

See keohane.com or call 1-800-Keohane for directions and online condolences.

Ruth E. Johnson, 93



RUTH E. JOHNSON

A funeral for Ruth E. (Rhodes) Johnson, 93, of Quincy and Marshfield, formerly of Hingham, was held Monday at Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Mrs. Johnson died at home Jan. 4 surrounded by the love, comfort and care of family.

She was the devoted wife of 51 years to the late Robert C. Johnson. Born and raised in Hingham, she was the daughter of the late Walter & Elsie (Estabrook) Rhodes.

Mrs. Johnson was active in Girl Scouts for more than 50 years, spending much of that time as a Girl Scout leader and cookie chairperson. She was a talented seamstress and also enjoyed knitting, jigsaw puzzles, summers in her cottage at Rexham Beach and spending time with her family.

In the '80s and '90s she and her late husband traveled extensively as part of a square dancing group performing exhibitions and demonstrations around the country.

Mrs. Johnson will be remembered as a warmhearted, giving and self-less person who, for many years, knitted mittens and hats which she would donate to those in need through the Salvation Army in Quincy.

Loving mother of Shirley J. O'Brien and her husband Michael of Rockland and the late Melodee A. Connelly and her husband Thomas of Quincy. Cherished grandmother of Sean Connelly of Billerica, Beth Quinn of Rockland, Debbie Banville of Raynham and Brian O'Brien of Rockland. She is also survived by 11 great-grandchildren, many extended family members and friends, including her dear friend of 66 years, Ruth Nee of Falmouth.

Memorial donations may be made to the Salvation Army, 6 Baxter St., Quincy, MA 02169.

Frank J. Penzo, 86

A funeral Mass for Frank J. Penzo, 86, of North Quincy, was celebrated Jan. 7 in Sacred Heart Church, Quincy.

Mr. Penzo died Jan. 3.

The beloved husband of 62 years to Delia (McDermott) Penzo of Quincy. Devoted father of Patricia Leary and her husband Jack of Duxbury, Frank J. Penzo, Jr. and his wife Karen of Weymouth, Michael Penzo and his wife Jackie, Linda Williams and her husband Kevin, all of Braintree, Richard Penzo and his wife Debra, Diann Antonetti and her husband Michael and Paul Penzo and his companion Faith Jones, all of Quincy. Brother of Anthony Penzo of Newton, Mary Torchetti of Weymouth, Vincent Penzo of NH, Rosanne Plath of MT and the late Grace Boyne and Louis Penzo. He is also the cherished Papa to his 10 grandchildren and two great-grandchildren.

A longtime Quincy resident, Mr. Penzo graduated from North Quincy High School. He served in the United States Army and Navy reserves. A member of DC 35 - local 1138, he enjoyed bowling and he loved to fish.

Mr. Penzo will be remembered as a devoted family man who adored his grandchildren. He passed down his strong work ethic to his family. Although they are heart broken, they feel fortunate for all the blessings he brought into their lives.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the American Parkinson's Disease Assoc., 72 East Concord St. C3, Boston, MA 02118.

See keohane.com or call 1-800-Keohane for directions and online condolences.

Regina M. McMahon

A funeral Mass for Regina M. McMahon of Quincy was celebrated Jan. 6 in St. Ann's Church, Quincy.

Ms. McMahon died Dec. 28.

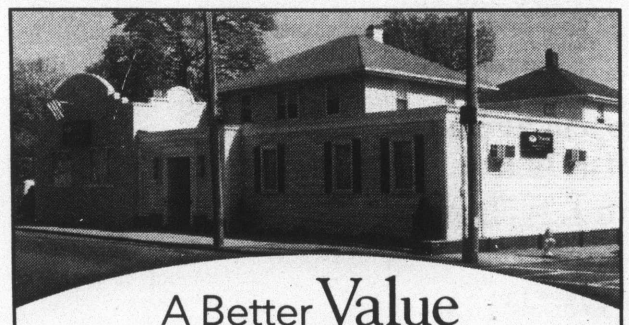
She was born in November 1929 and lived in her family's home in Wollaston until moving to Marion Manor in South Boston in 2014. She graduated from Woodward School for Girls in Quincy and then Fisher Junior College in Boston. She worked for many years as a medical secretary for Dr. Emmanuel Deutsch in Boston and at the Carney Hospital in Dorchester.

Ms. McMahon was a lifetime parishioner of St. Ann's Church and volunteered at the parish with the CCD and CYO programs. She also sang in the choir at the church for many years. She enjoyed skiing, knitting, spending time with her family and friends, taking slides and photos to share with her family, and baking Toll House cookies. Ms. McMahon enjoyed traveling in the United States and abroad. She was also a history buff and liked showing historical sites to her nieces and nephews. Ms. McMahon will be greatly missed by all who knew her.

Daughter of the late William J. and Gertrude C. (MacSwain) McMahon. Predeceased by her siblings Lucile Batchelder, William E. McMahon, Arthur McMahon, Ruth Caronia-Biche, Leonard McMahon, Richard McMahon and her niece Kathleen Mormino. Survived by her brother Rev. Albert McMahon, OFM, of Catskill, NY and many cousins, nieces, nephews, great-nieces/nephews, and great-great nieces/nephews, and friends.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Highland Cemetery, Norwood.



A Better Value For Quincy Families

At Deware Funeral Home, we are proud to offer more value and superior service to Quincy families. A full service traditional funeral is **$5,995* with no hidden costs.** The price includes:

Funeral Ceremony • Visitation • Casket

At Deware Funeral Home, we put the needs of our customer first. We also offer a Simple Burial Plan for $3,395.

With Deware Funeral Home, you can trust us to provide the compassionate care you expect at an exceptional value, backed by a 100% service guarantee.

Exclusive provider of Dignity Memorial® benefits.

Deware Funeral Home

576 Hancock Street | Quincy, MA 02170 | 617-472-1137

Dignity Memorial

For more information visit www.dewarefuneralhome.com

*$5,995 plan includes basic services of funeral director and staff, embalming and preparation, visitation, funeral ceremony, transportation to place of disposition, 20-gauge metal casket, website announcement, and memorial stationery package (a register book, 100 thank you cards, 100 prayer cards).

A Service Family Affiliate of ARFS and Service Corporation International, 206 Winter Street, Fall River, MA 02720. (508) 676-2454

Honor Your Loved One's Memory With Flowers

cliffords.com

1.800.441.8884

JOSEPH MOYA

Certified Funeral Celebrant

"In Service for the Grieving Heart"

857-939-8790

joseph.moya@comcast.net

Maurice R. Horrigan, Jr.

A Mass of Christian Burial for Maurice R. Horrigan, Jr., of Quincy, was celebrated Tuesday in St. Ann's Church, Quincy.

Mr. Horrigan died Jan. 6 after a long battle with cancer.

He is the son of the late Maurice and Mary (Walker) Horrigan. Beloved brother of Mary of Quincy, Richard and his wife Mary E. of CT, Fr. Kevin of Dartmouth, Ruth Apicella and her husband Anthony of NH, Jane Clougherty and her husband Joseph of Braintree, Helen Cicoria and her late husband Michael of Wareham. Uncle of Maryellen RI and 9 other nieces and nephews.

Mr. Horrigan attended St. John the Baptist Grammar school in Quincy. He was in the first graduating class of Archbishop Williams High School, Boston College, Portia and Suffolk Law Schools. For many years he was an assistant clerk magistrate at Quincy District Court. Mr. Horrigan was a lifetime resident of Quincy and a member of the Quincy Lions Club and the Quincy Knights of Columbus. He traveled and skied all over the world.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Lydon Chapel, 644 Hancock St., Quincy.

Social Security: Helping Realize Dreams

By KRISTEN ALBERINO
Social Security Public Affairs Specialist

Jan. 16 is Martin Luther King, Jr. Day — a national holiday and a day of remembrance. Martin Luther King Jr. dedicated his life to creating and fostering equal rights for African Americans, and he died during his efforts to make his dream a reality.

Securing today and tomorrow

Many people commemorate this holiday by serving their community and giving to others who may be less fortunate. In many ways, this is what Social Security does every day, all year long.

A great way to be of service to others is to help someone you know who may need assistance applying for Social Security, Medicare, or Extra Help with Medicare prescription drug costs. This is easy to do at www.socialsecurity.gov.

Some people who need these benefits may not be comfortable with computers or may not even know applying online is an option. But now, it's easier than ever to apply for such benefits from the convenience of a home computer at www.socialsecurity.gov.

For example, it's easy to apply for retirement benefits at www.socialsecurity.gov/applyonline. It can take as little as 15 minutes from start to finish. Once the application is electronically submitted, in most cases, there is nothing more to do.

It's even easier to apply for Medicare, for people who do not plan to begin their Social Security retirement payments yet but who do want Medicare coverage. The application takes about 10 minutes and you can find it at www.socialsecurity.gov/medicareonly.

People who already have Medicare coverage, but who need help meeting prescription drug costs, can apply for Extra Help online at www.socialsecurity.gov/extrahelp.

This holiday, you may want to make a trip to see the Martin Luther King, Jr. Memorial in Washington D.C. or read or listen to a recording of his legendary I Have a Dream speech. You can also make your Martin Luther King Day a day of service to someone who can use your help. Lead them to www.socialsecurity.gov. It may be easy for you, but it may help someone you love realize their own dreams.

Nancy L. Byrne, 66

A funeral Mass for Nancy L. (Halloran) Byrne, age 66, of Quincy, was celebrated Tuesday in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy.

Mrs. Byrne died peacefully Jan. 6 at home, surrounded by her loving family.

She was born in Boston to the late Daniel W. and Mary (Gillespie) Halloran. Mrs. Byrne was raised in Boston and Quincy and was a graduate of Quincy High School, Class of 1968. She had lived in Quincy for over fifty years.

Most recently, Mrs. Byrne enjoyed working at Ginger Betty's Bakery in Quincy. She was also employed as a pharmacy technician at Rite Aid in Quincy for many years. Primarily, Mrs. Byrne was a homemaker who was devoted to her family.

She was active in many charities and enjoyed volunteering for Interfaith Social Services, Goodwill Industries, and the Pan-Mass Challenge.

Beloved wife for forty-seven years of Raymond J. Byrne. Devoted mother of Kerry J. Byrne and his wife Elizabeth McConnell of Quincy, Raymond J. Byrne, Jr. of Randolph, Leanne M. Byrne of Quincy, and Andrew R. Byrne and his fiancée Jenna Twomey of Randolph. Loving grandmother of Alivia R. Byrne of North Attleboro.

One of six siblings, she was the dear sister of Mary Chepetsky and her husband Joseph of Quincy, John Halloran of New Hampshire, and was predeceased by Daniel, Robert, and Dennis Halloran. She is also survived by many nieces and nephews.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment Private.

Memorial donations may be made to the Massachusetts General Hospital Cancer Center at giving.massgeneral.org/cancer/donate/.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Mary F. Norton, 86

A Mass of Christian Burial for Mary Frances Norton, 86, of Quincy, was celebrated Monday in St. Agatha Church, Milton.

Ms. Norton died Jan. 5.

She was the beloved daughter of the late George E. and Margaret A. (Bohan) Norton. Sister of the late Helen G. Monroe and George E. Norton, Jr. Born in Boston, Ms. Norton was a graduate of Mount St. Joseph Academy and Regis College. She was a loving friend to everyone she met. She is survived by her dearest friends Rita Allen and Joseph and Kathleen Losi.

Interment St. Joseph Cemetery, West Roxbury.

Funeral arrangements were made by Dolan & Chapman Funeral Home, Milton Village.

Memorial donations may be made to Discalced Carmelite Nuns, 15 Mount Carmel Rd., Danvers, MA 01923-3796 or St. Agatha Church, 432 Adams St., Milton, MA 02186.

For information and directions, dolanfuneral.com

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-089

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Minh Van & Thanh Pham for a Variance to subdivide the lot and create a new lot for a 3 story, 3-unit townhouse in violation of Title 17 as amended Chapter 4.1.1 (dimensional requirements) on the premises numbered 74-76 LANCASTER STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-087

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Brian & Chun Yang Chen for a Finding to finish the 3rd floor attic to give each unit a one-bedroom each and two full bathrooms in violation of Title 17 as amended Chapter 3.4 (nonconforming) on the premises numbered 38-40 COPELAND STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-088

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Eric X. Zhao for a Finding to change the use from sales and preparation of dental products to production and sales of sushi in violation of Title 17 as amended Chapter 3.4.2 (nonconforming uses) on the premises numbered 329A NEWPORT AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

Doris M. Littler

A funeral service for Doris M. (Spencer) Littler, of Quincy, was held Wednesday in East Congregational Church, Milton.

Mrs. Littler died Jan. 6.

She was born in Boston and raised in South Boston, graduating from South Boston High School. She and her late husband James enjoyed travelling, taking cruises and both round dancing and square dancing.

Beloved wife of the late James R. Littler. Loving mother of Janice L. Pinola and her husband Ed of Braintree, Robert J. Littler and his wife Celeste of Kingston, Nancy L. Babine and her husband Lawrence of Carlisle and Craig B. Littler of Quincy. Doris is survived by nine grandchildren and sixteen great-grandchildren. Sister of the late Evelyn Spencer and Harriet Cavanaugh.

Interment Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Dolan Funeral Home, East Milton Square.

Memorial donations may be made to St. Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105.

For information and directions, dolanfuneral.com.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO16P3211EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Mildred E. McGuinness
Date of Death:
October 13, 2016

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Bruce A. McGuinness** of **Oakdale, CT.**

a Will has been admitted to informal probate.

Bruce A. McGuinness of **Oakdale, CT** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

1/12/17

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
Docket No. NO16P3366GD
In the matter of:
Karen Winders
Of: Quincy, MA
RESPONDENT
Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by Shelly Oakes of Braintree, MA in the above captioned matter alleging that **Karen Winders** is in need of a Guardian and requesting that Shelly Oakes of Braintree, MA (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **02/01/2017**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. John D. Casey, First Justice of this Court.

Date: December 29, 2016
PATRICK W. McDERMOTT
Register of Probate

1/12/17

Free Basic Computer Skills Review With One-On-One Help At Library

Every Saturday in January and February the computer classroom at the Crane Public Library, 40 Washington St., Quincy, will be open for two hours from 10 a.m. to noon for skills review and practice to help people prepare for the next Intermediate Computing course being offered in March.

At the start of the lab participants will be able to sign-up for a period of one-on-one help. Registration for this practice session is encouraged. Registration opens the Monday prior to class. Register online or call at 617-376-1316.

To enroll in this spring's Intermediate class students are expected to have the following skills, which will be the focus of the winter Saturday sessions:

- Open and log in to a Mac or a PC
- Navigate the Task Bar, Quick Launch Tool Bar, Desktop, & Folders
- Set up a Wifi Connection and understand how to use Airplane mode
- Open and use a web browser (Google, Firefox, Internet Explorer)
- Be able to personalize your background, lock-screen, colors and sounds
- Understand how to set the region, date, time, and language for your computer
- Have a basic understanding of security and privacy and how it relates to your camera, location, and virus protection
- Be able to manage basic system settings including display, notifications, apps, and power
- Manage updates and simple security
- Setup and use email, including: managing account names, passwords, mail profiles, composing email, adding addresses, using the signature tool, sending, reading, and replying to email, and adding and accessing attachments
- Open and save documents
- Use the Microsoft Ribbon
- Type and save a letter
- Use personal devices such as Bluetooth, printer, and a mouse pointer

These trainings are presented in partnership with Saheli. The mission of Saheli Boston is to empower South Asian women and families to lead safe and healthy lives.

For 20 years Saheli has offered free services to address the challenges faced by South Asian Immigrants in Massachuetts. These include domestic violence prevention and recovery; programs addressing the physical, mental health, and safety needs of women; legal and immigration referrals; career and economic empowerment; and volunteer opportunities. Advocates and volunteers with Saheli speak 15 South Asian languages including Bengali, Gujarati, Hindi, Kannada, Kashmiri/Dogri, Konkani, Malayalam, Marathi, Nepali, Pashto, Punjabi, Sindhi, Tamil, Telegu, and Urdu. Individuals who need help can always contact Saheli on their helpline: 1-866-4 SAHELI (866-472-4354) and expect a response within 24 hours.

These computer sessions are free and open to everyone.

Registration is encouraged to help the Library know how many to expect and a sign-up sheet will be used to schedule time for one-on-one help.

For more information, visit thomascranelibrary.org or call 617-376-1316.

PUBLIC NOTICE

PUBLIC NOTICE
2016 – 285

Presently pending in the Ordinance Committee and Downtown Committee of the Quincy City Council to be passed at a later date:

Order Approving Land Disposition Agreement

That in furtherance of urban redevelopment in the Quincy Center Urban Revitalization District, pursuant to the Quincy Center Urban Revitalization and Development Plan, as amended from time to time, the Mayor of the City of Quincy is hereby authorized to enter into a Land Disposition Agreement with Andrian Shapiro AND Alex Matov, DBA LBC Partners regarding property identified as Parcel H-1 of the Hancock Lot, more fully described in the Land Disposition Agreement, to consummate the sale and disposition of said land, in accordance with the terms of the Land Disposition Agreement attached hereto.

NOW THEREFORE BE IT ORDAINED BY THE CITY COUNCIL, as follows:

1. That the Council herby approves the Land Disposition Agreement attached hereto and made part hereof as fully as if set forth in its entirety.

A copy of this order and supporting documents may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M.

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of the Council

1/12/17

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

Thomas P. Koch
Mayor

Daniel G. Raymondi
Commissioner

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **Lead Service Line Replacements Project** until 11:30 a.m. local time **Thursday, February 16, 2017**, in the office of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud. Late bids delivered by mail or in person will be rejected.

The work includes the replacement of approximately 130 lead water services throughout the City. The scope of work includes replacement of the lead services, installation of new copper tubing and appurtenances on both public and private property, and the complete restoration of public and private property to pre-construction conditions. Funding sources will be the City's Water Enterprise fund and MWRA Lead Loan Program funds.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM for a refundable printing charge of $50.00, if returned 10 days within Bid opening and in unused condition. Specifications will be available January 11, 2017.

A Pre-Bid Conference will be held on January 26, 2017 at 11:00 a.m. at the offices of the Department of Public Works, 55 Sea Street, Quincy, MA 02169. All bidders are encouraged to attend. Requests for interpretation of bid documents may be submitted in writing at that time.

All questions regarding this bid should be directed to Kathryn R. Hobin, Purchasing Agent, by emailing purchasing@quincyma.gov. Questions will be accepted until Friday, February 10, 2017 at 12:00 p.m.

All work under this contract shall be completed by September 30, 2017.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive, and/or unbalanced bids may be rejected.

Thomas P. Koch, Mayor
Daniel G. Raymondi, Commissioner of Public Works
Kathryn R. Hobin, Purchasing Agent

Consulting Engineer: Weston & Sampson Engineers, Inc., Five Centennial Dr., Peabody, MA 01960

01/12/17

LEGAL NOTICES

CITY OF QUINCY
IN COUNCIL

ORDER NO. 2017-10
ORDERED: **January 9, 2017**

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping Standing and Parking
Section 10.20.040 Parking Restrictions-Prohibited – Handicapped Spaces – Curb Access – Applicability – Penalties

REMOVE THE FOLLOWING

Street	At	Type of Regulation
Stewart Street	26	Handicap Parking

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

1/12/17

CITY OF QUINCY
IN COUNCIL

ORDER NO. 2017-11
ORDERED: **January 9, 2017**

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping Standing and Parking
Section 10.08.300 Operation of Vehicles - Turning Movements Restricted where

ADD THE FOLLOWING

Street	Intersecting with	Type of Regulation
Joyce Road Northbound	Quarry Street	Do Not Enter Monday thru Friday 7 am - 9 am

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

1/12/17

LEGAL NOTICES

CITY OF QUINCY
IN COUNCIL

ORDER NO. 2017-12
ORDERED: **January 9, 2017**

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping Standing and Parking
Section 10.20.040 Parking – Prohibited and Restricted where

ADD THE FOLLOWING

Street	From	To	Type of Regulation
Alstead Street Even Numbered Side	Quincy Shore Drive	Tirrell Street	No Parking

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

1/12/17

CITY OF QUINCY
IN COUNCIL

ORDER NO. 2017-13
ORDERED: **January 9, 2017**

Be it ordained by the City Council, that the Quincy Municipal Code is hereby amended as follows:

In Title 10. Vehicles and Traffic. Chapter 10.20 Stopping Standing and Parking
Section 10.20.040 Parking – Prohibited and Restricted where

ADD THE FOLLOWING

Street	From	To	Type of Regulation
Alstead Street South Side	Quincy Shore Drive	55 Apthorp Street	No Parking

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

1/12/17

CLASSIFIEDS

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-085

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Todd Egan for a Special Permit/Variance to erect a 9-unit residential building with parking on the ground level in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 9.4 (special permit) on the premises numbered 92 SAGAMORE STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. 16-086

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, January 24, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Sea Street Quincy LLC, Robert Galligan, Manager for a finding and parking variance to amend the Decisions previously issued in ZBA Case No. 4302 and Case No. 08-015, which require the lots to remain in common ownership in violation of Title 17, Section 3.4 (nonconforming structures) and Section 5.1 (off-street parking).

The parcel of land is located at 1269 Sea Street and is shown as Lot 1 on Assessors' plan no. 1010.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/5/17, 1/12/17

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QUINCY MARKET
Corner of Temple & Washington St.

GOODIE'S STORE
1250 Hancock St., Presidents Place

NEW STORE ON THE BLOCK
1183 Hancock St., Quincy Ctr. T Station

HANCOCK MARKET
5 Cottage Ave.

MIGNOSA'S FRUIT BASKET
138 Granite St.

RITE-AID
132 Granite St.

COFFEE BREAK CAFÉ
77 Parkingway

HANCOCK PARK LOBBY SHOP
164 Parkingway

FRANKLIN ST. BP
60 Franklin St.

7-11
78 Franklin St.

SHOP N SAVE LIQUORS
20 Independence Ave.

DONUT + DONUTS
33 Scammell St.

PRESIDENTIAL LIQUORS
25 Scammell St.

7-11
85 Quincy Ave.

DAILY MART
291 Quincy Ave.

ROCHE BROTHERS
The Falls

WALGREENS
418 Quincy Ave.

CORNER FOOD SHOP
171 West St.

ARTERY GROCERY
1000 Southern Artery

7-11
495 Washington St.

DAIRY FARM
330 Washington St.

7-11
230 Washington St.

STOP & SHOP
Southern Artery

CVS
Southern Artery

BAXTER'S PHARMACY
385 Washington St.

TEDESCHI'S
650 Adams St.

7-11
678 Adams St.

VILLAGE COMM. MARKET
100 Willard St.

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GRANITE MART
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Copeland St.

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1060 Hancock St.

200 FOOD MART
200 Sea St.

ADAMS SHORE SUPERMARKET
494 Sea St.

PALMER STREET MARKET
231 Palmer St.

BERNIE'S GENERAL STORE
1147 Sea St.

WEST ELM VARIETY
139 W. Elm Ave.

WALGREENS
550 Adams St.

7-11
721 Hancock St.

BEALE ST. SMOKE SHOP
17 Beale St.

CVS
42 Beale St.

COFFEE BREAK CAFÉ
12 Old Colony Ave.

SUPREME LIQUORS
615 Hancock St.

BIG Y
475 Hancock St.

RITE-AID
475 Hancock St.

MULLANEY'S VARIETY
205 W. Squantum St.

STOP & SHOP
65 Newport Ave.

7-11
363 Hancock St.

WALGREENS
324 Hancock St.

RED APPLE FOOD SHOP
48 Billings Rd.

SAM'S VARIETY
125 Billings Rd.

LUCKY'S WINE & LIQUOR
66 Newbury Ave.

ATLANTIC MARKET & LIQUORS
247 Atlantic Ave.

CVS
321 Quincy Shore Dr.

CARMINE'S CAFÉ
69 Huckins Ave.

TEDESCHI'S
751 E. Squantum St.

LUCKY SHAMROCK
265 Beale St.

ANDRE'S STORE
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EVEREST MARKET
121 Standish Ave.

The Quincy Sun

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11 WEEKS OR MORE ❑ $7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

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❑ For Sale
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❑ Real Estate
❑ Antiques
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❑ Yard Sales
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❑ Day Care
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❑ Enclosed is $ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

Lynch Calls For Trump To Reconsider Federal Hiring Freeze

Cong. Stephen F. Lynch (D-Boston) has sent a letter to President-elect Donald Trump requesting he reconsider his proposal to implement a so-called "federal hiring freeze" across the federal government.

Cong. Lynch, along with 106 of his House colleagues, raised strong concerns that President-elect Trump's proposed government-wide hiring freeze would decrease transparency, efficiency, and accountability in the federal government.

"Mr. Trump's plan will merely increase the number of private contractors and negatively affect the traditional federal employees who keep our agencies running," Lynch said. "There is no question that we need to reduce costs within our government, but a hiring freeze will do the opposite.

"From protecting our national security to providing healthcare to veterans, Americans depend on federal employees each and every day. We should be strengthening the federal workforce by increasing efficiency and ensuring agencies are fulfilling their missions, rather than implementing a devastating hiring freeze that will increase backlogs, decrease the quality of service, and raise contracting costs," Lynch added.

In particular, the letter highlights a Government Accountability Office (GAO) audit report, entitled "Recent Government-Wide Hiring Freezes Prove Ineffective in Managing Federal Employment," which reviewed a series of hiring freezes implemented during the Carter and Reagan Administrations. These hiring freezes merely provided an "illusion of control" over federal workforce levels, but were "not an effective means of controlling federal employment." The report also notes that hiring freezes disrupted vital agency operations and diminished federal oversight of agency programs.

In addition, the letter notes that it is critically important that the federal government closes mission-critical skills gaps in areas such as cybersecurity, science, technology, engineering, and other key trades. With approximately one third of full time federal workers eligible to retire by 2019, it is even more imperative that the federal government act quickly to hire employees with expertise in these areas, rather than halt hiring altogether.

President-elect Trump's federal hiring freeze would impose additional constraints on federal agencies that are already operating under difficult budgetary limitations, Lynch said.

"Devastating sequestration cuts, related furloughs, and even a 16-day government shutdown, combined with a growing U.S. population compared to relatively stagnant federal employment levels, have strained our federal workforce in recent years," he said.

Cong. Lynch's letter is supported by the American Federation of Government Employees (AFGE), the National Treasury Employees Union (NTEU), the American Federation of State, County & Municipal Employees (AFSCME), the Federal Managers Association (FMA), the National Association of Letter Carriers (NALC), the National Postal Mail Handlers Union (NPMHU), the National Rural Letter Carriers Association (NRLCA), the American Postal Workers Union (APWU), the International Association of Fire Fighters (IAFF), the Senior Executives Association (SEA), the National Active and Retired Federal Employees Association (NARFE), the FAA Managers Association (FAAMA), the National Council of Social Security Management Associations (NCSSMA), the National Association of Federal Veterinarians (NAFV), the National Weather Service Employees Organization (NWSEO), the Patent Office Professional Association (POPA), and Professional Aviation Safety Specialists (PASS).

"Forbidding agencies from hiring the people they need, when they need them, to carry out the people's work is no way to run the government," said AFGE National President J. David Cox Sr. "Many agencies already are operating under unofficial hiring freezes due to budget cuts, forcing federal employees to do more with less.

"A hiring freeze," Cox continued, "will inevitably lead to the federal government outsourcing work, which has been proven to be far more costly than federal employees doing the work. Hiring freezes also have a disproportionate impact on veterans and minorities, who make up much of the federal workforce.

"For every day there's a hiring freeze, understaffed VA hospitals go without the doctors and nurses they desperately need, retirees wait in longer lines to visit their Social Security offices, and communities that depend on federal jobs for their economic survival suffer," Cox added.

"Hiring freezes, which have been tried in the past and failed, are an ineffective way to manage a workforce and control costs," said Tony Reardon, National President of the National Treasury Employees Union. "I strongly agree with Cong. Lynch's view that a federal hiring freeze will only serve to hurt the American public. Taxpayers are demanding timely service from agencies that are already struggling to achieve their missions because of reduced budgets and staffing.

In order to successfully serve the President, Congress, and the public, the federal workforce cannot be held hostage by arbitrary cuts."

Crime By the Book Series At Crane Library

The Crime By the Book series at the Crane Library will resume Tuesday, Jan. 17 at 7 p.m.

The focus this time will be on Old Whiskey and Young Women - the title of a new book by author and presenter Judge R. Marc Kantrowitz. He will discuss the unfair framing for murder of America's most famous comedian; America's first capital case involving an older woman and her much younger lover murdering her husband; and Mad Harry Thaw, the wealthy son of a steel magnate, killing America's foremost architect over a woman. He'll also discuss the real Norman Bates of Alfred Hitchcock's "Psycho."

For more information, visit thomascranelibrary.org or call 617-376-1316.

DA, Insurance Fraud Bureau Team Up - *Page 2*

Community Alerted After Two NQ Robberies - *Page 13*

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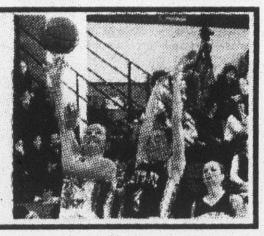

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The Quincy Sun

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VOL. 49 No. 18 | Thursday, January 19, 2017 | 75¢

HENRY WILDE, a fifth grader at Beechwood Knoll, created the city's first Little Free Library outside his Summit Avenue home for a community service project. The library – in a refurbished newspaper vending machine – includes books for all ages. Residents can take or drop off books as they please. *Photo Courtesy Karen Rikkers*

Quincy's First Little Free Library Now Open

Bernazzani School Fifth Grader Henry Wilde's Community Service Project Features 30-40 Books

By SCOTT JACKSON

Residents can now pick up and drop off books at Quincy's first Little Free Library, located on Wollaston Hill.

Henry Wilde, a fifth grade student at the Bernazzani School who participates in the Elementary Laboratory Center program at Point Webster, completed the Little Free Library outside his home as a community service project.

The library includes between 30 to 40 books – for children and adults – and is located on Summit Avenue. The books are in a refurbished newspaper vending machine.

Residents are welcome to take a book from the library, or leave one of their own.

"It's a small box where you can take a book if there are any books you'd like to read, and if you are passing by the area again you can also return a book," Wilde explained. "It doesn't necessarily

Cont'd On Page 14

Spike In English Learner Students

By TOM GORMAN

The Quincy Public Schools' Central Registration office is extending its hours and adding staff to accommodate an influx of English Learner students.

English Learner Director Beth Hallett gave an overview of the office, its procedures and enrollment figures during the Jan. 11 school committee meeting.

"Our role is to successfully enroll our newest English learners into the Quincy Public Schools and provide support to their families," Hallett said.

Outlining the numbers over the past three years, Hallett said the numbers are trending upward and for the first time, last year, more than 300 English Learner students enrolled in the city's schools.

In the 2015-16 school year, 371 non-English speaking students entered the district's schools, an increase of 76 from the previous school year and 134 more than the 2013-14 school year.

Quincy High School saw

Cont'd On Page 11

Board Gets First Look At NQ Station Development

By SCOTT JACKSON

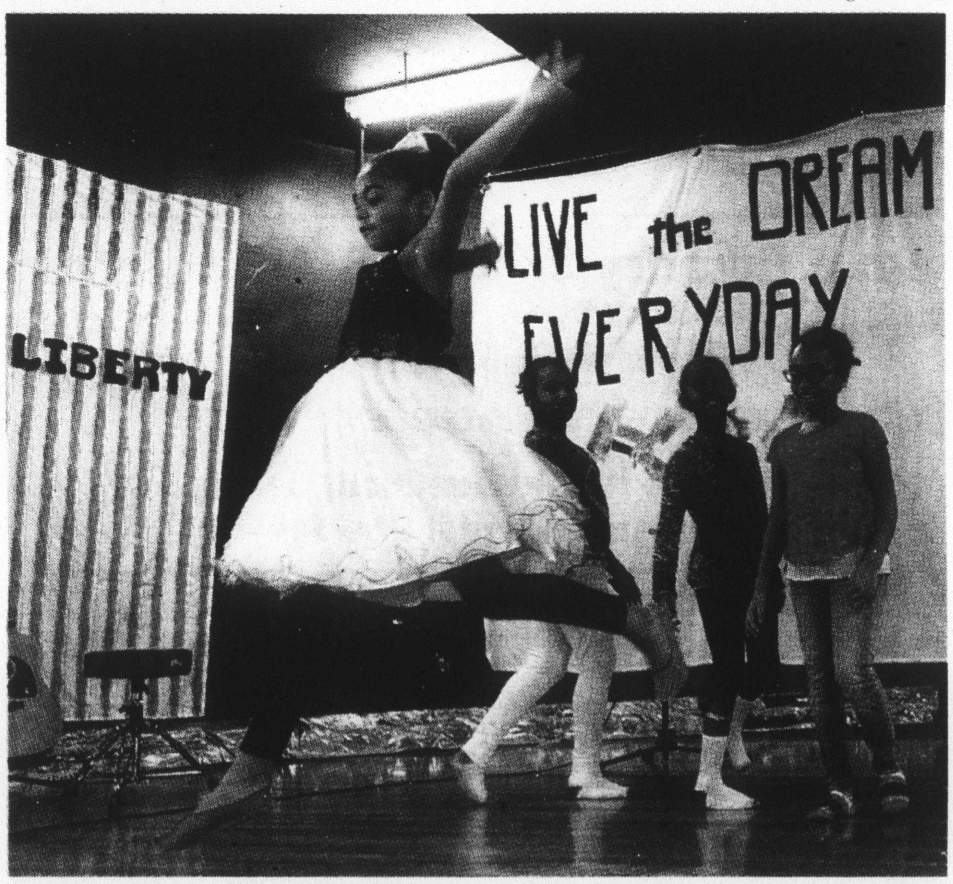
A developer hoping to construct a large mixed-use development at the North Quincy MBTA station provided the Planning Board with preliminary designs for the proposal.

D.J. MacKinnon, president of Atlantic Development, gave a brief presentation on plans for the station during the board's Jan. 11 meeting. The presentation was an informal one, as formal plans for the project have yet to be filed with the city.

The MBTA awarded development rights to Atlantic and a second firm, Bozzuto Development, in April 2016. The two companies would enter into a 99-year lease with the transit to develop the station site.

As part of the proposal for the seven-acre station, the firms would construct a

Cont'd On Page 11



MLK, JR. LEGACY CELEBRATED – Elliah Steinberg, Erin Young, Jesliany Lopez and Eumahni Williams perform a dance during the 21st annual Dr. Martin Luther King Jr. Breakfast at the Germantown Neighborhood Center on Monday. More coverage Pages 3, 6 and 28.

Quincy Sun Photo/Tom Gorman

New Computers For Quincy Schools - *Page 3*
Heart Failure: Health Dept. Message - *Page 9*
Job Well Done, Crime Prevention Journal - *Pages 20, 21*

More Quincy news:
The Quincy Sun.com

Morrissey, Insurance Fraud Bureau Team Up To Save Consumers Money

Insurance Fraud Bureau executive director Daniel Johnston recently met with Norfolk District Attorney Michael W. Morrissey in his Canton office to renew the successful partnership with Quincy and Randolph Police to fight automobile insurance fraud.

"We have referred more cases than ever before this year, but cases on a smaller scale," Johnston said. "We are not seeing the staged-accident rings and organizations that we saw when this started in 2005. We have to credit that change to our law enforcement partners and the fraud investigators who work with them."

Morrissey said the problem of insurance fraud is both "a consumer issue and a public safety" concern.

"Every dollar that insurance companies pay out in false theft or accident claims is ultimately coming from the increased premiums of honest customers," Morrissey said. "And even fake, staged crashes can cause very real injuries."

The task force was founded in 2005, including initially Randolph and then Quincy Police as well as target departments in other regions of the state. That year, the problem of fake thefts and fake accidents had received widespread attention after a staged accident in Essex County left a Lawrence grandmother dead – and the man who staged the crash convicted of manslaughter.

NORFOLK DISTRICT ATTORNEY Michael Morrissey, left, accepts a grant check from Insurance Fraud Bureau executive director Daniel Johnston to continue the task force fighting insurance fraud in Quincy and Randolph. *Photo Courtesy Norfolk County D.A Office*

"These were crimes of opportunity, when the industry and local authorities were not geared toward investigating what appeared to be run-of-the-mill accidents," Morrissey said. "Now that the focus, training, and awareness are present we are seeing the schemes going away."

The number or injuries reported per 100 accidents has dropped from 45 to 35 in Quincy and Randolph since the task force has been operating, according to Johnston.

"Coordinating and using resources effectively has essentially stemmed what was a growing problem," District Attorney Morrissey said. "That comes down to our partnership with the Insurance Fraud Bureau and the leadership of Quincy Police Chief Paul Keenan and Randolph Chief William Pace."

Kindergarten Registration March 7

Quincy Public Schools' Kindergarten Registration for the 2017–2018 school year will be held Tuesday, March 7, 2017 from 9 a.m. to 2 p.m. at all elementary schools.

Children do not need to attend registration; a screening date will be scheduled for May as part of the registration process.

Children who will be 5 years of age on or before Aug. 31, 2017 are eligible to attend kindergarten in 2017-2018 and should be registered at their home school. Those who are unsure of their home school should check the QPS Street Directory found under Parent Links on the main page of the Quincy Public Schools website, www.quincypublicschools.com.

Students seeking open enrollment must be registered at their home school.

Children who attend the Pre-Kindergarten program at either the Snug Harbor Community School or the Amelio Della Chiesa Early Childhood Center do not need to register for kindergarten.

The following documents must be produced in order for a student to be registered:

- Child's birth certificate (with a raised seal)
- Proof that the child resides in the home school district (any two: tax bill, utility bill, mortgage statement, 1099 or W-4 form)
- Photo I.D. of the adult seeking to enroll the student
- Copy of a recent (within one year) physical examination by a physician
- Written records of immunizations

Parents and guardians may access the required forms for registration on the QPS website, www.quincypublicschools.com. On the main page, Kindergarten Registration is found under Parent Links. Scroll down to access the link to the registration packet.

Questions regarding the Kindergarten program may be directed to the home school principal. Those who do not feel comfortable filling out the necessary forms can bring someone to assist them.

License Board News:

Quincy Center Bar To Be Sold Or Closed

By SCOTT JACKSON

Licensing officials gave the owner of a Quincy Center bar two weeks to find a buyer after the establishment was allegedly caught serving a minor.

Bernard Connaughton, the owner of the Clash of the Ash at 1464 Hancock St., was called before the Board of Licensing Commissioners on Jan. 10 after police allegedly caught a minor drinking alcohol inside the bar Nov. 24.

The board had previously revoked the Clash of the Ash's liquor license in April 2016 for serving a minor on St. Patrick's Day, but it remained open as the owner appealed that decision to the Massachusetts Alcoholic Beverage Control Commission. Louis Cassis, Connaughton's attorney, did not dispute the allegation but hoped to get the punishment reduced from a revocation to a suspension.

The ABCC held a hearing on the revocation in November, but had yet to issue a ruling on the matter prior to the Jan. 10 meeting.

Cassis asked the licensing board Jan. 10 to continue the hearing on the November incident to the next meeting on Jan. 24. He told the board he advised Connaughton to sell the Clash of the Ash following the November hearing with the ABCC, because the license would likely be taken away for a future violation even if the previous revocation were overturned.

Cassis said an individual had reached an agreement to purchase Clash of the Ash Jan. 9, the day prior to the license board hearing. The deal had yet to be finalized, but Cassis said if an application for a transfer of the liquor license were not filed by Jan. 24, Connaughton would close the Clash of the Ash until the sale was completed.

"My proposal is give me two weeks to put this together and if we can't put this together we'll close until such time it is sold," Cassis said.

Additionally, Cassis said he would call the ABCC and ask them to hold off on issuing a decision on the prior appeal until after at least the Jan. 24 meeting.

The licensing board voted 4-1 in favor of granting the continuance. City Clerk Nicole Crispo was opposed to doing so.

A transfer of the liquor license to the new owner – who Cassis said has experience and would hopefully do a good job running the establishment – would require approval by the licensing board.

In other business Jan. 10, the board:

- Approved a common victualler license for Tazi Food Inc. d/b/a Buccinis Mister Sub at 62 Billings Rd. Abdeliz Zahir, who previously owned a pizzeria in Revere, has purchased the restaurant and does not plan to make any changes to it. The board agreed to extend his closing time from 10 p.m. to 11 p.m.
- Approved a one-day wine and malt license for the eighth annual Chili Fest at the United First Parish Church at 1306 Hancock St. The event will take place from 6 to 10:30 p.m. on Feb. 11.
- Approved a permit for the National MS Society's 33rd annual Cape Cod Getaway MS Bike Ride on June 24. Some 2,200 riders are expected to participate in the event, which begins at the Blue Cross, Blue Shield office on Enterprise Drive in North Quincy and makes its way south through the city en route to Cape Cod.
- Re-elected Health Commissioner Drew Scheele chairman of the board. Jay Duca, the director of inspectional services, was elected vice chairman.

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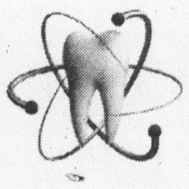

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New Computers Being Installed In Schools

By TOM GORMAN

Quincy Public School students will have new computers in their classrooms in the coming weeks.

Keith Segalla, director of the district's career and technical education, told the school committee Jan. 11 that a four-tier plan of installing new computers and related technology in the city's public schools is under way. The $1.3 million technology upgrade is part of Mayor Thomas Koch's capital improvement plan that was unveiled last month.

The first tier has been completed where the school department's information technology technicians replaced 280 academic classroom computers over the past two-and-a-half weeks.

"It was a pretty big endeavor," said Segalla."They certainly did an exceptional job."

Tier two calls for replacing eight technology labs over the next two-and-a-half weeks. Segalla explained that Snug Harbor School has been completed and that online access administration for English Learner students is now underway.

"As sites complete that online access administration, we will replace those computers and technology labs," he said.

Under the tier-three schedule, eight Chromebook mobile carts will be installed by March 1 in several of the city's schools, just in time for the MCAS 2.0 test where fourth and eighth graders will be taking this new exam online instead of with paper and pencil.

"This will provide an adequate amount of time for our students to practice on those tablets, about four weeks before the MCAS 2.0

Cont'd On Page 13

MONIQUE OKALLO and her daughter, Miriam, 7-months, enjoy the Dr. Martin Luther King Jr. Breakfast Monday at the Germantown Neighborhood Center. More coverage on Page 6.

Quincy Sun Photo/Tom Gorman

Discover Quincy Free Non-Profit Workshop Jan. 25

In effort to help facilitate local non-profit organization's compliance with state and federal laws, Discover Quincy invites non-profit staff and volunteers to attend a free banking and legal seminar Wednesday, Jan. 25 from 5:30 to 8 p.m. in the lower level meeting room at the James R. McIntyre Government Center (old City Hall), 1305 Hancock St., Quincy.

Dinner will be served.

Amy Huber, vice president of NorthEast Community Bank will advise on best banking practices based on an organization's structure.

Attorney Teresa Santalucia of Klein Hornig, LLP will discuss how to establish and maintain non-profit, tax exempt and public charity status.

"We partnered with over 50 local organizations in 2016, and after hearing their organizations needs, we have decided to host this free workshop," said Margaret Laforest, vice president of the Quincy Chamber of Commerce. "We welcome any Quincy area non-profit, whether one of our arts and cultural partners, neighborhood organizations, parent teacher organizations, or anyone interested in learning more about non-profit management."

Advance registration is required. Registration is accepted online at DiscoverQuincy.com.

For more information, email Margaret or call 617-639-1117.

Valentine Luncheon At Kennedy Center Feb. 14

The Quincy Council on Aging will hold a Valentine luncheon at the Kennedy Center on Tuesday, Feb. 14th at 12:30 p.m.

Entertainment will be provided by the Senior Tones.

Tickets to this event are available at the Kennedy Center, 440 East Squantum St.

For more information call (617) 376-1506.

Quincy Center Dollar Fun Store

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Ask the GEMOLOGIST
BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST

LUSTROUS APPEAL

We are largely attracted to gemstones by virtue of their interplay with light. The light that is reflected off the surface of a gemstone is what gives it its "luster." This reflection determines whether a gemstone looks glassy or dull. The brightness and quality of the luster depend on the degree of polish and the refractive index. The greater amount of light that is reflected back toward the eye (both from the surface of the gemstone and light that entered the gemstone), the brighter the gemstone will appear. By simply wiping a gemstone with a soft, clean, slightly damp cloth after wearing it, you can enhance its luster.

A little bit of care goes a long way toward amplifying the brilliance of gemstones, pearls and precious metals. Diamonds look bigger after cleaning because they reflect more light. And keeping pearls and gemstones in individual soft pouches or compartments of a lined case spares them and surrounding jewelry from scratches. To learn more about our jewelry selection, please call 617-773-3636. We are located at 1402 Hancock St. in Quincy Center.

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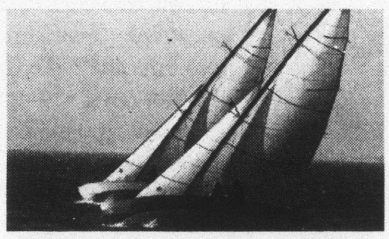

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QUINCY MEDICAL CENTER has been sold to North Quincy-based FoxRock Companies. FoxRock held a community meeting regarding the future of the 14.4-acre property Jan. 10th. An official told residents the company is "committed to medical use" on site. Additional meetings are expected as plans for the Whitwell Street land come into focus, and the City Council would have to approve developments on site. *Quincy Sun File Photo/Robert Bosworth*

Moments in time

THE HISTORY CHANNEL

• On **Feb. 5, 1777**, Georgia becomes the first state to abolish the inheritance practices of primogeniture and entail. Primogeniture ensured that the eldest son inherited the largest portion of his father's property. Entail guaranteed that an estate remain in the hands of only one male heir.

• On **Feb. 1, 1790**, the Supreme Court of the United States meets for the first time, with Chief Justice John Jay of New York presiding. The Constitution granted the Supreme Court ultimate jurisdiction over all laws.

• On **Jan. 30, 1835**, in the House chamber of the U.S. Capitol, President Andrew Jackson survives the first attempted assassination of a U.S. president. A man fired two pistols at Jackson at close range, but incredibly, both failed to discharge.

• On **Feb. 4, 1961**, "The Misfits," starring Marilyn Monroe, Clark Gable and Montgomery Clift, is released. The film about four rootless losers trying to survive in the modern-day West was largely ignored until Gable and Monroe both died shortly after its release.

• On **Jan. 31, 1971**, Apollo 14 is successfully launched from Cape Canaveral, Florida, on a manned mission to the moon. After suffering some initial problems in docking, astronauts Alan B. Shepard Jr. and Edgar D. Mitchell made the third U.S. moon landing on Feb. 5.

• On **Feb. 2, 1996**, dancer, actor and choreographer Gene Kelly dies at age 83. Kelly graduated with a degree in economics during the Great Depression, but with finance jobs scarce, he got his start by working at a dancing school partly owned by his mother.

• On **Feb. 3, 2002**, the New England Patriots stun the heavily favored St. Louis Rams, 20-17, for their first Super Bowl victory. Pats' kicker Adam Vinatieri made the winning 48-yard field goal as the clock expired.

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Future Medical Use Priority For New Owner Of Quincy Medical Center Site

'We Believe In Being Good Neighbors' FoxRock Properties Officials Tell 100 Residents At Community Meeting

By SCOTT JACKSON

Residents heard from the new owner of the Quincy Medical Center site during a recent community meeting and those in attendance had the chance to share their questions, comments and concerns about the future of the property.

About 100 residents attended the Jan. 10 public meeting at Central Middle School to hear what officials from North Quincy-based FoxRock Properties had to say about the future of the site.

Those officials – Chet Clem, Chris Reale and Jason Ward – said there is no definitive plan yet for the 14.4-acre property on Whitwell Street, though finding a medical use or uses is a priority. They vowed to be good neighbors.

"We are not new to Quincy but we are new to the hill and we believe in being good neighbors," Clem said. "We also really believe the former Quincy Medical Center is the most important project that our company has going right now.

"It is very important to us, it's what gets us out of bed in the morning and more importantly we feel a true responsibility to the community to get this right."

Ward highlighted several other properties in FoxRock's portfolio – including medical facilities in Norwell and Weymouth and educational space in Hingham and Plymouth. FoxRock still owns those buildings and other properties it has acquired, and Ward said that would be the case with the Quincy Medical Center site as well.

"Every single project we've ever done – every single building we've ever transformed – we still own and we will still own it decades from now," Ward said. "We don't do anything short term. Everything we do, we do because we want it to be good for us and good for our community long term, and that's the approach we take to Whitwell."

FoxRock purchased the Quincy Medical Center campus at 114 Whitwell St. in December from Steward Health Care, the hospital's former operator. As part of the sale agreement, Steward will continue to operate the emergency room on site for five years. FoxRock struck a separate deal with the city, announced the same day as the hospital purchase, in which the real estate firm was named the designated developer for the Ross Garage area in Quincy Center. The community meeting Jan. 10 was focused on the hospital, not the Ross Garage.

City Council President Kirsten Hughes said the community meeting was the first step in the process. The Whitwell Street property is in a Planned Urban Development zoning district, which means the council, acting the special permit granting authority, would have to approve of developments on site.

"This is a very, very, very early meeting – a very preliminary discussion about what possibly could go there. Throughout the process over the coming months, there will be other public forums," said Hughes, whose district includes the hospital site.

"This particular site is a Planned Urban Development, so anything that goes there has to go to the council, being a PUD, and that also means site plan review through the Planning Board. There will be plenty of opportunity as the project starts to come together and more definite, more concrete uses and so on come together. Public input will be welcomed and asked for."

Residents had several suggestions for possible uses for the site.

Donna Ward said the site should include an emergency facility in the future.

Cont'd On Page 10

Sea Ducks Squantum Park Tour Focus Jan. 29

The Park Department's Environmental Treasures program is featuring a "Nuts About Ducks!" tour on Sunday, Jan. 29 at noon.

Quincy hosts a fantastic array of incredibly beautiful, exotic-looking sea ducks in the winter.

Les Tyrala and Sally Owen will lead a free tour in Squantum Point Park to look for some of these birds. Meet at the white pavilion in the parking lot on Haul Road off Victory Road.

Bring binoculars if you have them and dress warmly. There will be an optional stroll around the park following the search for ducks from the pier.

For more information and rain date rescheduling, call 617-472-0799.

Red Cross To Install Free Smoke Alarms, Teach Fire Safety In Quincy Next Month

American Red Cross, along with the Quincy Fire Department, will install free smoke alarms and carbon monoxide detectors in Quincy on Saturdays this February.

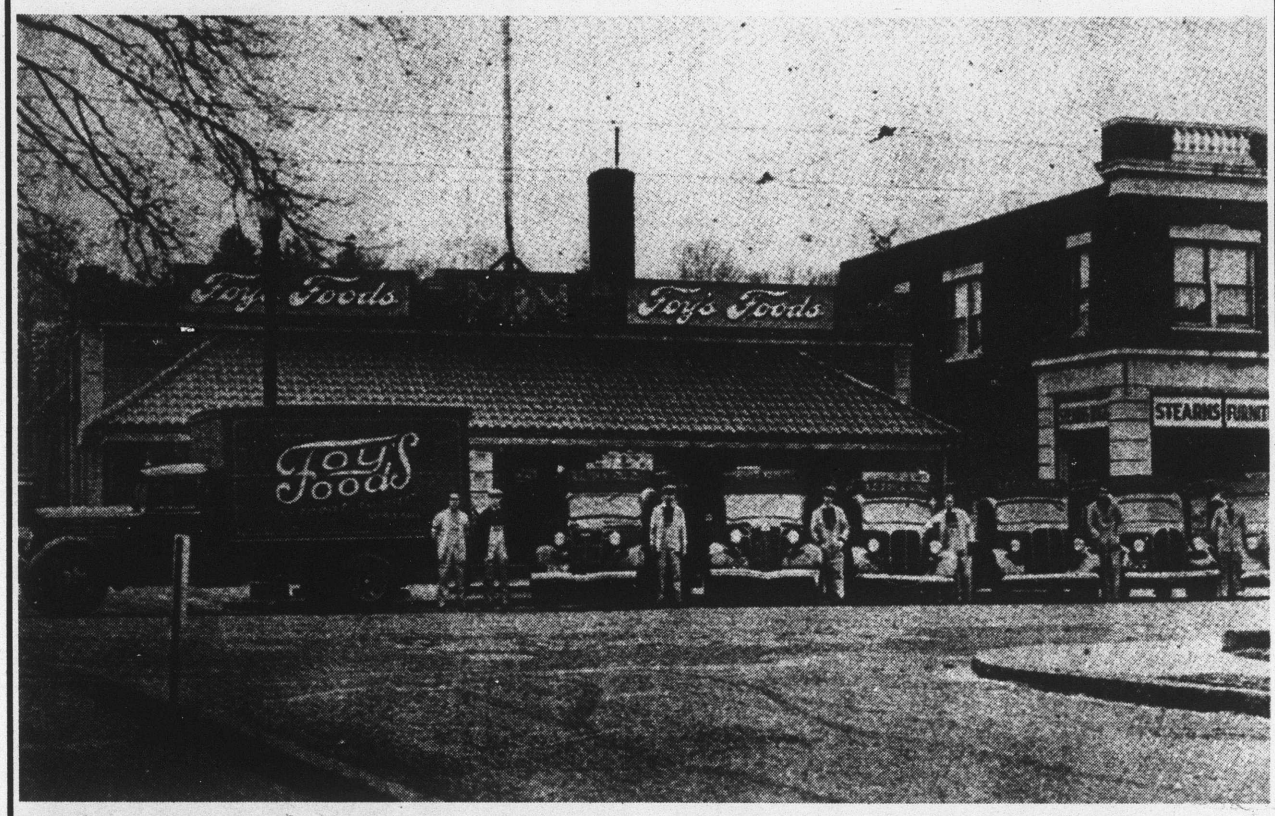
Call 800-746-3511 to request an home visit.

Seven times a day someone dies in a home fire in the United States. In fact, every 40 minutes an injury from a fire is reported, and nearly 1,000 times every day fire departments respond to a home fire.

In October 2014 the American Red Cross launched a 5-year nationwide campaign to reduce the number of fatalities and injuries from home fires by 25 percent over five years. The Red Cross Home Fire Campaign is delivered in every city and town around the country. The program includes the installation of free photoelectric smoke alarms and CO detectors, and includes a review of home fire prevention and individualized home escape planning to emphasize the importance of fire prevention and event preparedness.

The Quincy Home Fire Campaign event will take place on Saturdays, Feb. 4, 11, 18, and 25. Smoke alarm and CO installations will be done by the Quincy Fire Department along with Red Cross Home Fire volunteer teams.

Scenes From Yesterday



THIS IS A 1939 postcard view of the Foy's Foods market at 1177 Hancock St. across from the Masonic Temple in Quincy Square. The Dimmock Building is on the right. Opened on Jan. 1, 1929, Foy's had built this store because their previous location just up the street was to be demolished to make way for the Munroe Building. This new and much larger store was acclaimed the finest market on the South Shore and was the first food market in Quincy to provide an automobile parking lot for its customers. With their fleet of trucks and drivers they also provided free home delivery to anywhere on the South Shore. The side panels of the trucks were emblazoned with the company's slogan: 'A Treat to Eat.' Three successive generations of the Robert E. Foy family managed this grocery business for over 70 years beginning in South Quincy in 1899. This, their last store, was open for over 40 years when it closed in 1970. The site is now used for parking and next to it today the store with the Stearns Furniture sign is home to Toodie's Fine Jewelry. Stearns had moved here after selling their Old Colony Avenue building to Howard Johnson's. To contact Tom Galvin, e-mail tmgalvin@verizon.net. This month also marks the beginning of Tom's 24th year of "Scenes from Yesterday" postcards in The Quincy Sun.

From the Collection of City Historian Tom Galvin

READERS FORUM

A Thank You From The Salvation Army Of Quincy

The Salvation Army of Quincy would like to take this opportunity to extend its appreciation to the Quincy community for their support of and donations to the Red Kettle Campaign.

It is through the generosity of many people that The Salvation Army was able to raise $133,448.01 during this six-week campaign.

A heart-felt thank you goes out to each of the businesses, community leaders, service clubs, churches, volunteers, and bell ringers who staffed the kettles in order to help raise these important funds. The funds raised fell just short of the $135,000 goal due in part to the extreme cold temperatures that were experienced during the final days of the campaign.

The donations given to our Red Kettle Campaign are vital in order continue to provide the essential services to those within our community who are in need throughout this year. The Salvation Army is also very grateful for the support of its retail partners that include Stop & Shop, Roche Bros, Walmart, Shaw's Supermarkets/Star Market, and South Shore Plaza who have helped to ensure that Red Kettles could be available at their stores so that monetary donations could be made.

Red Kettle Sponsorships were also vital this year in helping to raise much needed funds for the Red Kettle Campaign. The Salvation Army is appreciative to Colonial Federal Savings Bank, Curry Ace Hardware, Dr. John Pasciuccio, DDS; Eastern Insurance, Keohane Funeral Home, Law Offices of Morgan J. Gray, P.C., NorthEast Community Bank, The Quincy Sun, Quincy College, Quincy Credit Union, and The Rotary Club of Quincy for playing an active role in our Red Kettle Campaign.

The mission of The Salvation Army carries on in the city of Quincy to help those in need and to see lives transformed because of the generosity of many within the Quincy community.

Captain Timothy Ross
Captain Nicole Ross
Corps Officers
The Salvation Army

Naloxone Can Save A Life From Opioid Overdose

The use of Naloxone can save a life. Naloxone, also known as Narcan, is an opioid antagonist used in opioid overdoses to counteract the life-threatening depression of the respiratory system. It allows an overdose victim to breathe normally.

Although traditionally administered by emergency response personnel, naloxone can be administered by lay people or the public, making it ideal for treating heroin and other opioids overdoses. The training is simple and use of Naloxone results in a life saved.

Here is what occurs in an opioid overdose. When too much of any opioid, like heroin goes into too many receptors, the respiratory system slows and the person breathes more slowly, then not at all. Because Naloxone basically knocks the opioids out of the opiate receptors in the brain, the overdose is reversed and the person is able to breathe again.

However, it is a temporary drug that will wear off in 30-90 minutes and the person should be watched for signs of continued overdose. The overdose victim must seek medical assistance or call 911.

Lack of oxygen from opioid overdose may lead to brain injury in as little as 4 minutes, yet the average EMS response time is 9.4 minutes. Seconds can count during an opioid overdose so it is vital if you have a loved one or friends who use, you need to have a plan in place. Most life threatening opioid emergencies occur in the home, witnessed by friends or family.

Brand names of Naloxone are Evzio, Narcan injection, Narcan Nasal Spray. They all come with simple, lifesaving directions and are easy to administer. Upon purchase, read and know how to use these devices and keep them readily available.

Some states have a third-party law where a concerned parent, employee or nurse at a school can obtain Naloxone and administer it without facing legal repercussions (known as the good Samaritan act). If you come in contact with a high-risk individual, you should have this lifesaving overdose antidote.

For more information and the availability of naloxone, go to http://www.narconon-newliferetreat.org/blog/naloxone-availability.html.

If you are in need of a referral to a treatment center, call 1- 800-431-1754.

Ray Clauson
35059 bend Rd.
Denham Springs, LA 70706

Quincy's Yesterdays

This Week
1991
26 Years Ago

Sheets To Submit $123.6M Budget

Mayor James A. Sheets said that he will likely submit his budget of $123,600,000 for fiscal 1992 by level funding fire, police and education while cutting all other departments by four percent.

The budget, which will be submitted to the City Council for approval the first week in April, doesn't include money for capital outlay or raises for employees in the city's 21 unions.

In his mid-term address 10 days ago, the mayor gave the school, police and fire departments top funding priority for FY'92, which will begin July 1. He said that he would not close one fire station as a means of saving city dollars. Instead, he said he would maintain the present levels of fire equipment and number of patrol officers.

ANSELMO WILLING TO RETURN TO BOARD

Former School Committee member Frank Anselmo, whose resignation two weeks ago touched off a small political controversy regarding a successor, offered a solution to the issue of filling his seat.

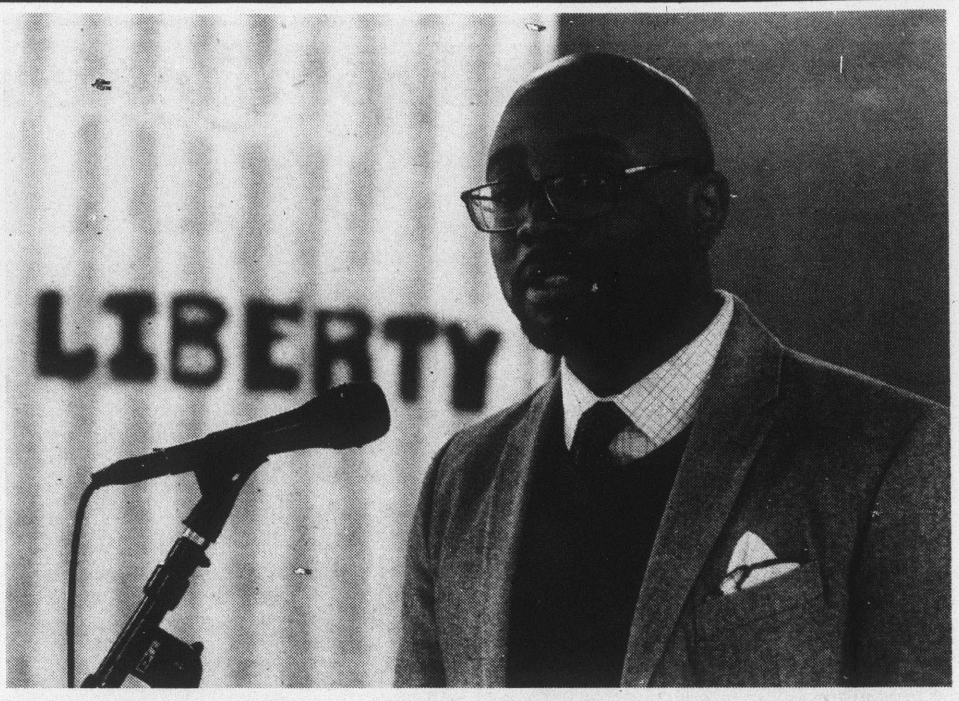
In a phone interview with *The Quincy Sun*, Anselmo, 92, who resigned because of health concerns Jan. 2, said he would finish his term if the city permitted him.

However, Anselmo will not get the chance. Because his letter of resignation was signed and received by City Clerk John Gillis, Mayor Sheets said the resignation could not be withdrawn. Gillis, who contacted the state for its ruling, agreed.

QUINCY-ISMS

City Council President Ted DeCristofaro was presented an appreciation award by the Quincy Jewish War Veterans Post 193 and the members of the Beth Israel Brotherhood. The presentation was made jointly by **JWV Commander Bernard Shaffer** and **Brotherhood President Bernie Reisberg**... The Montclair Deli, 218 West Squantum St., North Quincy, was offering "Free Hot Dogs" at their Grand Opening, Monday, Jan. 21... The Quincy Licensing Board approved a request from **Alfred Graziano, Jr.** of Grazioso's Deli Shoppe to extend his license to include two tables with seating for four to eight people in the shop... *The Quincy Sun's* Sunbeam's column was questioning whether or not former Ward One Councillor and Council President **Leo J. Kelly** would run for councillor at-large in the fall elections... **Jennifer Raftery,** 48 Norton Rd., and **Eileen P. McCluskey,** 24 Overlook Rd., both of Merrymount, were named to the Fall Semester's Dean's List at the University of Rhode Island... **Gerald (Jerry) Gherardi,** 78, a long time humanitarian, was named *The Quincy Sun's* 1990 Citizen of the Year. Gherardi was a guidance counselor in the Quincy school system... Prevites' Market, 72 Sumner St., Quincy Point, was offering "Perdue 4-Star Turkey Breast for $2.99 lb"... **Dr. Mark Jaehnig,** treasurer of the South Shore Chiropractic Society, presented a holiday contribution to Fr. Bill's Place Shelter... **Mr.** and **Mrs. Stanley Spink,** Wilgus Rd., Germantown, welcomed a granddaughter, born to David and Paula Spink at Newton-Wellesley Hospital... **George White,** chairman of the Quincy Festival Parade Committee, said the committee would meet Jan. 23 to start planning the 40th annual festival parade to be held in Nov. 1991... The Quincy Interfaith Sheltering Coalition honored the Quincy Police Department for its outstanding service to homeless shelters. The award was accepted by **Police Chief Francis Mullen**... The Quincy High School A.F.R.O.T.C. drill team took first place in the recent compulsory team drill routine at Cranston, RI East High School... Morrill Real Estate, 645 Hancock St., was planning to hold a "First Time Home Buyers Seminar" at the firm's office, Jan. 28... **Dr. Sheldon W. Bennett** presided at the Sunday service at the United First Parish Church, Quincy Center. His sermon was titled "Our Words Are Us"... **Kristin Fiacco,** daughter of Noreen Fiacco of Quincy, was selected to play the saxophone for the Eastern Nazarene College Wind Ensemble... The North Quincy High hockey team snapped Quincy High's five-game unbeaten streak with a 2-1 win at the Quincy Youth Arena.

OBEHI OTOADESE and Brie Gamel sing "Rise Up" at the Martin Luther King, Jr. annual breakfast Monday at the Germantown Neighborhood Center. The event celebrated the legacy of the late civil rights leader. *Quincy Sun Photos/Tom Gorman*



DR. MARTIN LUTHER KING Jr. Breakfast keynote speaker Dr. Joshua Okallo spoke on the acceptance of others and love of community.

City Celebrates Legacy Of Dr. Martin Luther King, Jr.

By TOM GORMAN

Quincy joined the nation on Monday in pausing to remember civil rights leader Dr. Martin Luther King Jr. on what would have been his 88th birthday.

About 100 people, including residents, city and state officials, gathered at the Germantown Neighborhood Center for the 21st annual Martin Luther King Jr. Breakfast presented by the neighborhood center and South Shore YMCA. The event included inspirational performances by local children and remarks by officials.

South Shore YMCA Vice President Bruce Netherwood welcomed the gathering, saying it was important to honor Dr. King and for the ideals that he stood for in light of the divisiveness that has swept the country in the past several months.

"Bringing together the community of Quincy to celebrate with our neighbors is now more important than ever," he said.

Noting the accomplishments of President Obama and the First Lady, Cong. Stephen Lynch said the nation is facing a "time of some trepidation" in the wake of the election of Donald Trump who will be inaugurated Friday as the nation's 45th president.

"I have very mixed feelings as a Democrat about this transition," he said.

Lynch said that the Obamas "are a shining example of what's great about America" and contrasted them with Trump's "harsh, unkind and inappropriate rhetoric that has put a lot of people on edge." He said that Trump has threatened to ban certain people from the country because of the way they worship.

Lynch explained the nation's Founding Fathers, in drafting the Constitution, created a set of checks and balances and a separation of powers that prevent the president and Congress from infringing the rights of people.

"Please know that our Founding Fathers made sure no one person could ever overreach their powers and trample the rights of citizens that are guaranteed to them under the Constitution," he said. "We are going to test that system over the next four years. We have a wonderful country. Your gathering today is a reflection of that and a reflection of inclusion."

Holy Trinity Parish pastor, Father Robert Carr, reminded the gathering that Dr. King was a Baptist minister and that his dream was that "all God's people would come together."

"Each and every one of us has powerful gifts to share," said Carr. "The powerful message from Dr. Martin Luther King is that if you want your community to thrive, there is no place at all, ever, for any form of

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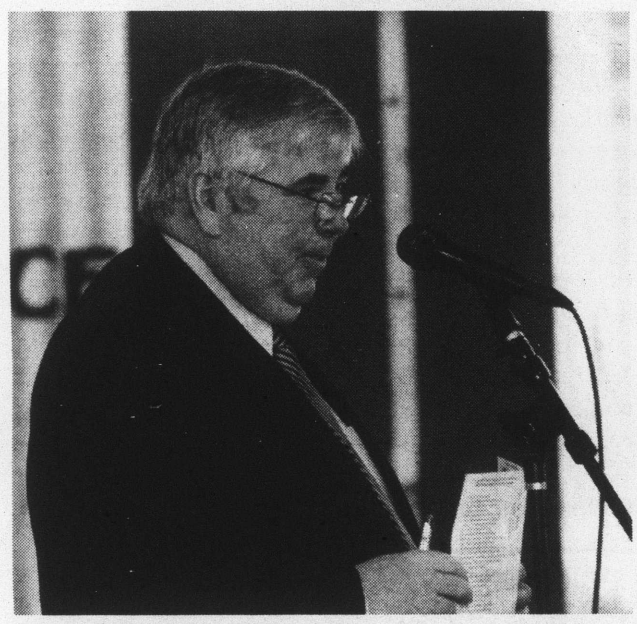
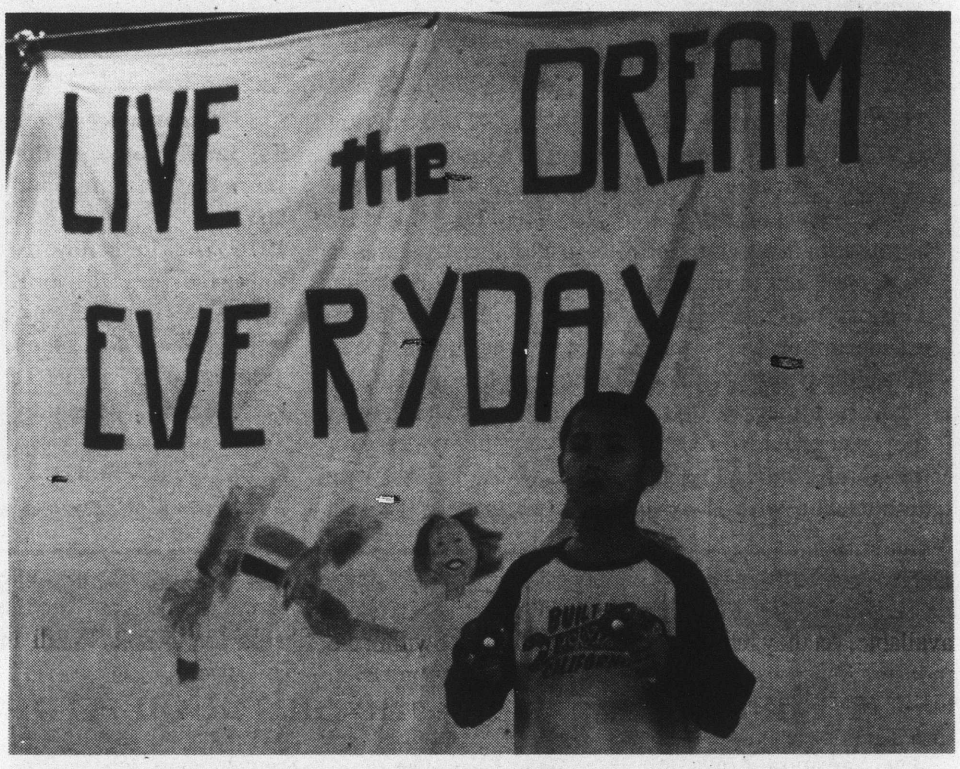


NORFOLK COUNTY District Attorney Michael Morrissey introduces guests at the Martin Luther King, Jr. annual breakfast Monday at the Germantown Neighborhood Center.



DAVID HUANG performs with bells during a song at the annual Martin Luther King, Jr. breakfast Monday.

GERMANTOWN NEIGHBORHOOD CENTER Director Kathy Quigley asks the gathering to be kind and respectful.

Local Programming Highlights on ... QATV
Quincy Access Television
88 Washington Street
Quincy, MA 02169
617-376-1440

Public Access Channel 8	Government Access Channel 11
Thursday, January 19	Thursday, January 19
7:00pm: QATV Classics: Bob Noble at Arlington	1:00pm: AM Quincy: The Kennedy Center
7:30pm: Can Sue Can Grape Jam?	7:30pm: QATV Classics: QRD TV Workshop 01
Friday, January 20	Friday, January 20
10:00pm: Constitution: Then & Now	6:30pm: FYI: QHD Winter Hazards
11:00pm: QATV Classics: Guys Live Here	7:30pm: Health Links: Eye Health
	8:00pm: Crime Watch: Fitness Centers
Saturday, January 21	Saturday/Sunday, January 21/22
7:00pm: At Your Library: January	9:30am: Update DPW: Winter Season
8:30pm: At the Library Concert: Hiroya Tsukamoto	10:30am: At Your Library: January
Sunday, January 22	3:00pm: At the Library Concert: Allison
4:30pm: Sharon @ North Quincy Girls Basketball	4:30pm: AM Quincy: The Kennedy Center
9:00pm: Perspectives: The New Administration	7:00pm: On the Agenda: FEMA Flood Maps
	8:00pm: Crime Watch: Fitness Centers
Monday, January 23	
8:00pm: Plymouth South @ North Quincy Girls BB	Monday, January 23
9:30pm: Free Our Voices: Int'l Day of Peace	6:00pm: LIVE: Ordinance Committee
	7:30pm: LIVE: City Council
Tuesday, January 24	Tuesday, January 24
7:30pm: Quincy in Focus	12:00pm: City Council & Ordinance 1/23
8:00pm: FYI: QHD Winter Hazards	6:00pm: Health Links: Eye Health
Wednesday, January 25	Wednesday, January 25
6:00am: LIVE: AM Quincy w/Joe Catalano (audio)	7:00pm: City Council & Ordinance 1/23
8:00pm: On the Agenda: FEMA Flood Maps	

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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Identifying Student Loan Repayment Scams

The U.S. Department of Education reports that more than 40 percent of all borrowers are late or in default.

The nonprofit credit, student loan counseling agency Take Charge America offers tips to educate borrowers about red flags as they seek repayment options.

"Borrowers are more stressed than ever before about repaying their loans," said Sarah Hamilton, student loan supervisor for Take Charge America, a national nonprofit credit counseling and student loan counseling agency. "Scammers prey on their anxiety, promising to clear their debt for steep fees. Their best bet is to work directly with their student loan servicer or a nonprofit counselor to identify the best repayment options."

To help sort out the confusion, Hamilton offers signs of potential repayment scams:

• **Excessive Fees**: Many scammers promise lower rates or debt elimination in exchange for hefty fees ranging from $600 to $1,200. If you have federal student loans (which account for the vast majority of student loans), you can manage the repayment process yourself for free at studentloans.gov. Or, if you want objective, one-on-one assistance navigating the system and working with loan servicers, you can seek guidance from a nonprofit student loan counseling agency for half the rate, and a much more comprehensive service.

• **High-Pressure Tactics**: Scammers may pressure you with "limited-time" or "exclusive" offers. Often, these companies put you into loan deferment or forbearance, which seems to solve the problem for the short term but doesn't address the root issue. When it comes to student loan repayment, there aren't any special deals.

• **Instant Forgiveness**: A promise of instant loan forgiveness or "Obama forgiveness" is irresistible. Scammers may ask for your private data and charge a fee, which seems a small price to pay to wipe out debt. In reality, instant forgiveness doesn't exist, and any promises should serve as red flags. In very rare cases some borrowers with permanent disability can obtain forgiveness, but that involves detailed monitoring and can only be granted directly through the Department of Education. Forgiveness programs for public service employees, nonprofit workers and teachers are available, yet they require 5 to 10 years of service within the industry. Moreover, most for-profit organizations don't even bring up legitimate forgiveness programs because they can't turn a quick profit.

• **Power of Attorney**: Scammers may tell you they require power of attorney to reduce your debt, which enables them to alter your student loans without your consent. If authorization falls in the wrong hands, it could cause irreversible damage.

• **Unsolicited Assistance**: If you receive cold calls from so-called relief companies, steer clear. Your student loan servicer will not contact you in an unsolicited manner, nor will a nonprofit counseling agency.

• **Credibility**: Fly-by-night companies will not be listed with the Better Business Bureau or other services assessing the credibility of an organization. If you are considering assistance from a third party, verify with the BBB first at bbb.org.

Borrowers seeking more information about student loan repayment options can visit Take Charge America at studentloans.takechargeamerica.org or call (877) 784-2008.

Identity Theft Topic At Kennedy Center

Robin Putnam, Research and Special Projects manager from the Massachusetts Office of Consumer Affairs and Business Regulation, will be at the Kennedy Center on Friday, Jan. 27th at 12:30 p.m. to present "Consumer University" with a focus on identity theft.

The presentation will include information about the Office and what they do. It will also cover how to spot and avoid scams and how to prevent identity theft and fraud.

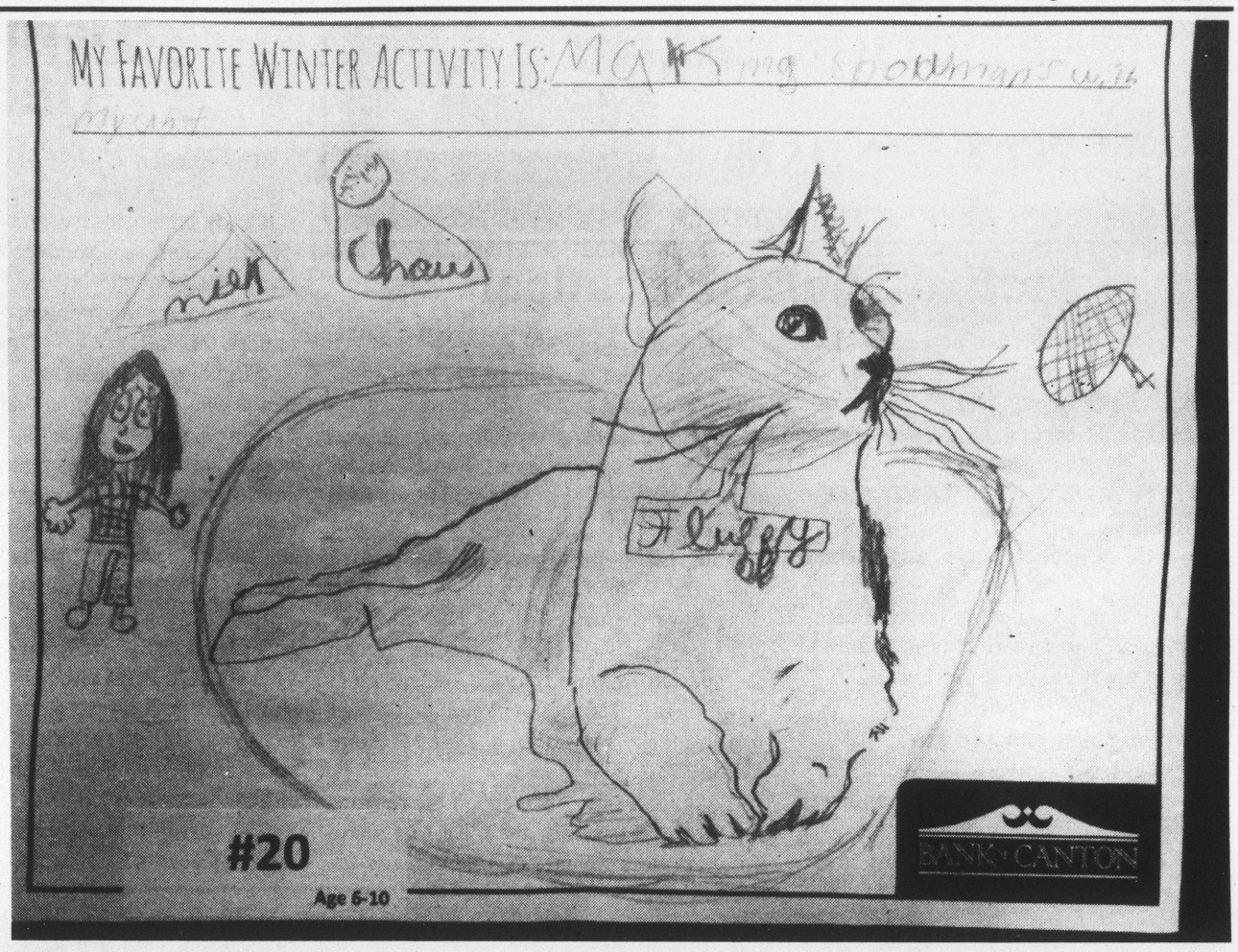
To register for this presentation call the Kennedy Center at (617) 376-1506.

Lunar New Year Festival At NQHS Feb. 12

Quincy Asian Resources, Inc. announces the 29th annual Lunar New Year Festival will take place at North Quincy High School on Sunday, Feb. 12th from noon to 6 p.m.

The event will feature a marketplace with local artists, exhibits and crafts. Some 8,000 to 10,000 people are expected to attend.

For vendor and sponsorship information email events@quincyasianresources.org.



MICHELA MCLAUGHLIN, age 8, of Quincy, received an "Honorable Mention: Technical Skill" in the Bank of Canton's recent holiday/drawing contest.

Michela McLaughlin Receives Honorable Mention In Bank Of Canton Holiday Drawing Contest

Bank of Canton recently announced the winners of its 2016 holiday coloring/drawing contest.

Quincy resident Michela McLaughlin (age 8) received one of two honorable mentions bestowed by the bank, for technical skill in her artwork.

The contest, which was promoted in local papers, bank branches, and on Facebook, received 64 total entries from children in Quincy, Canton and across the South Shore.

Winners were selected by the bank's customers, who cast their ballots at the bank's branch locations, and also by the bank's Facebook followers, who could "Like" the individual pictures that were uploaded to the bank's Facebook page. The picture galleries reached over 5,800 Facebook users who provided the 600-plus Likes that largely determined the contest winners.

Cash prizes of $200 (first place), $100 (second place) and $50 (third place) were awarded in each of three age brackets, for a total prize pool of $1,050. All entries can be viewed on Bank of Canton's Facebook page, www.facebook.com/thebankofcanton.

The drawing contest was part of Bank of Canton's annual holiday promotion, which also included a free public showing of The Muppet Christmas Carol movie at the bank's 250-seat Canton auditorium and a "Mitten Tree" collection drive that benefitted local charities including Quincy's Interfaith Social Services.

8th Annual 'Chili Bowl' Cook-Off Jan. 28

The 8th annual Quincy "Chili Bowl" Cook-off will be held Saturday, Jan. 28th from 2 to 5 p.m. at the Fellowship Hall of the Houghs Neck Congregational Church, 310 Manet Ave.

The Chili Bowl – Quincy's own version of the "Big Game" for chili – has become a much-anticipated annual event, attracting several hundred attendees. Individuals and restaurants are invited to enter with a chance to win a trophy and title of "Quincy's Champion Chili."

There is no fee to enter. The only requirements are to bring three gallons of chili in your own crockpot or chafing dish, your own apron and serving utensil.

Electricity and tables are provided.

Servers can also provide servers for restaurants if needed. Restaurants may also display signage or a banner with their name at their station in the hall and pass out flyers, coupons or other promotional materials.

To enter contact Pam Craig, Chili Bowl coordinator, at 617-471-8968 or chilicookoffhnccc@gmail.com.

With categories for both home cooks and restaurants, the event will offer attendees the chance to sample and savor up to 20 different varieties of chili.

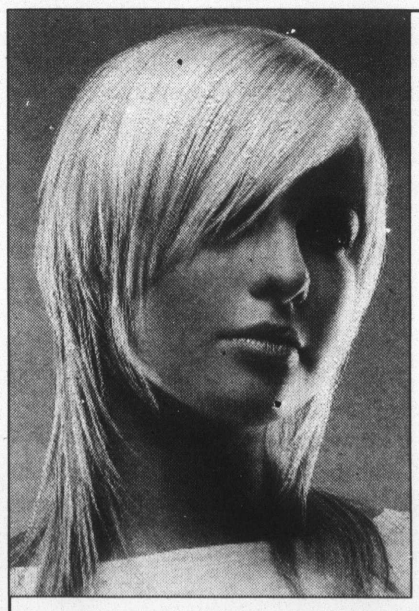
Trophies and medals awarded to the champions chili winners are voted on by attendees. Admission to the cook-off is $5 and includes all the chili you can eat. Hotdogs, beer, soda and snacks will also be available for an additional charge.

Two On Dean College Dean's List

Two students from Quincy are on the Dean's List for the fall sememster at Dean College in Franklin.

They are:

Sean Gallagher and Erika Lapierre.



WHAT'S COOKING
with
Marie & Susie
By MARIE D'OLIMPIO and SUSIE FALCO

Stuffed Spinach Meatloaf

By MARIE

Today's recipe for a stuffed meatloaf will please all of your family and guests. This delicious meatloaf recipe is sure to get raves!

STUFFED SPINACH MEATLOAF

Ingredients:

2 pounds of ground meat, any favorite will do.
2 cups of tomato sauce, or jarred sauce
¾ cup of Italian flavored bread crumbs
1 cup of finely chopped mushrooms
Salt and pepper to taste
1 medium onion, chopped fine
2 eggs beaten
10 ounces of spinach, thawed and well drained
1 cup of mozzarella cheese (or any favorite cheese)

Preheat oven to 350 degrees

Grease a loaf pan with olive or vegetable oil (or bake in a usual meatloaf pan).

In a large bowl, thoroughly mix the beef, and 1 cup of tomato sauce, bread crumbs, mushrooms, salt and pepper, onion, eggs and cheese.

Press half of the mixture into the greased loaf pan. With a large spoon, press an indent down the center of the beef mixture. Stir the spinach and cheese together. Spoon the spinach mixture into the indent, press down lightly. Then top with remaining beef mixture make sure to press edges together to seal.

Bake for 1 hour, then spoon the remaining tomato sauce over the meat loaf, cook 15 or 20 more minutes. Serve with any favorite side.

Winter Minestrone

By SUSIE

This soup recipe by James Trenda of "I'm No Chef" fame is so worth the work making the pesto. The soup part is easy, but the pesto requires some different ingredients than traditional pesto but it is incredibly delicious as well as healthy.

This soup utilizes rich and healthy root vegetables as well as lighter herbs and greens. The perfect soup for the cold weather we are finally "enjoying." Keep warm and fight off sickness with this soup. It also freezes well. Enjoy!

Minestrone ingredients:

- 3 tbsp butter, olive oil, or ghee
- 2-3 leeks, cleaned and chopped
- 1 pound winter or bitter greens, such as collards, kale, dandelion, etc....
- 1 quart chicken or vegetable stock
- 3 cloves garlic, peeled and finely minced (about 2 tsp)
- 1 tbsp fresh chopped thyme
- 2 celery ribs
- 1½ pound turnips or rutabagas
- 1 13.5-ounce can full fat, unsweetened coconut milk
- ½ ounce fresh flat-leaf parsley
- Juice of half a lemon
- Salt and pepper to taste

Pesto ingredients:

- 1 ounce fresh flat-leaf parsley
- 4 ounces fresh rosemary
- ¼ cup fresh oregano or marjoram
- ½ cup shelled pistachios, dry roasted
- ½ cup Parmigiano-Reggiano (preferably raw), shredded
- 3 cloves garlic, peeled
- Juice of half a lemon
- ¼ teaspoon salt (omit if using salted pistachios)
- ½ cup extra-virgin olive oil

INSTRUCTIONS:

1. Add the butter, oil or ghee to a large, heavy-bottomed stock pot or dutch oven.

2. Clean, quarter, and chop the leeks and set aside.

3. Wash the greens, remove fibrous stems (if necessary), and then add to a large skillet with 1 cup of stock and cover tightly with lid.

4. Wash and trim the ends of the celery. Cut in half lengthwise, chop, and add to a large bowl. Peel and chop the rutabagas or turnips into ½-inch cubes. Add to the bowl with the celery and set aside.

5. Mince and chop the garlic and thyme.

6. Turn on the heat to medium and melt the butter or ghee, add the leeks and stir to coat. Continue cooking for 5 minutes, stirring frequently, so that the leeks do not brown. Add the minced garlic and thyme to the pot with the leeks and cook for another minute until fragrant.

7. Add the celery and rutabagas to the pot, and season with salt and pepper. Cook the vegetables for 5-7 minutes, stirring occasionally.

8. Add remaining chicken stock to the pot, cover and bring to a gentle boil. Reduce heat and simmer for 15 minutes.

9. While the vegetables are simmering, steam the greens over medium heat until they are wilted down, but still vibrant in color and mild to taste, about 10-15 minutes. You may need to gently toss them halfway through the cooking time.

10. Transfer the wilted greens to a high-speed blender, along with the left over stock from the pan, coconut milk, lemon juice, fresh parsley, and about a third of the cooked vegetables. Puree until smooth, 30-60 seconds. Pour the puree into the pot and simmer uncovered for another 10 minutes to let the flavors come together and finish cooking the root vegetables.

11. Season with salt and pepper to taste. Top with a spoonful of Winter Herb Pesto, freshly cracked black pepper, and a drizzle of olive oil. Serve hot.

Instructions for the pesto:

1.Add all the ingredients except for the olive oil to the bowl of a food processor. Pulse a few times.

2.With the food processor running, slowly pour in the olive oil just until it all comes together. Serve immediately.

Acrylic Painting Jan. 30 At Kennedy Center

Artist Janet Harrold will be at the Kennedy Center on Monday, Jan. 30th at 10 a.m. for a fun and relaxing "Paint in the Moment" session.

No set up or clean up, Participants will leave with an acrylic painting to show off to loved ones.

No experience necessary. Coffee and danish will be provided.

Cost of the class is $15 per person. Prior registration is required.

To register or for more information about the class call the Kennedy Center at (617- 376-1506).

Garden Club Federation Offering Scholarships

The Garden Club Federation of Massachusetts (GCFM) announces it offers 11 different scholarships each year to qualifying students who are enrolling in college this fall.

Eligibility includes students who are enrolling in "green sciences" such as horticulture, enviromental studies, botany and biology.

The deadline for applying for these scholarships is March 1. One application, available at http://www.gcfm.org/Education/Scholarships/GCFMScholarships.aspx, allows students to apply for all of those stipends for which they are eligible.

The basic requirements are that students have been a legal resident of Massachusetts for at least one year, have maintained a minimum 'B' average in school, have good character, and have a financial need. Each scholarship has a specific set of additional requirements, which are described in detail on the GCFM website.

For example, one scholarship requires that the student be a "graduate or undergraduate pursuing a degree in horticulture, landscape design, environmental science or related fields of interest." Another is open to "juniors, seniors or graduate students majoring in landscape architecture, city planning, or related fields of interest." Three are restricted to students enrolled at one of the University of Massachusetts campuses in areas such as floriculture, horticulture or landscape design.

Eligibility for the scholarships is determined by the GCFM Scholarship Committee and is determined based on the completed application package. All necessary forms, including those to determine financial need, are available at the GCFM website.

"It is time for someone from the Quincy area to receive one of these scholarships," said Jan Clifford, president of the Wollaston Garden Club.

For more information contact:

gcfmscholarship@aol.com

AAA Travel: Americans Will Head To Beach, International Destinations

According to a recent AAA survey, 42 percent of Americans are planning to take a vacation in 2017 – with most planning trips to the warm weather destinations in the U.S. and abroad.

All signs are pointing to a busy year for vacationers and the travel industry. Approximately one-third (30 percent) of U.S. adults say they are more likely to take a vacation this year compared to 2016, and they're looking for a new kind of travel experience.

"There is a lot of pent-up demand for travel in the new year," said Rick Del Nero, AAA Northeast Vice President of Travel. "Whether they're taking a road trip to a well-known domestic destination or visiting an exotic international locale, today's travelers are seeking experiences that are unique and immersive."

With much of the country in the midst of a harsh winter, warm-weather destinations in the United States and Caribbean are topping most Americans' travel itineraries. The top destinations for 2017, based on AAA's travel bookings, are:

International:

Punta Cana, Dominican Republic; Rome, Italy; Montego Bay, Jamaica;. London, England; and Nassau, Bahamas.

Domestic:

Orlando, Florida; Fort Lauderdale, Florida; Anaheim, California; Miami, Florida and Las Vegas, Nevada.

According to AAA, destinations with the most notable increases in travel bookings include Melbourne and Sydney, Australia; Toronto and Vancouver, Canada; and Cancun, Mexico.

AAA's travel experts have identified these top trends for 2017:

• **Experiential Travel**: Both novice and expert travelers alike are seeking travel experiences that help to facilitate a deeper connection to the cultures, people and traditions of a destination. For example, AAA has noted an increase in travelers booking tours that include opportunities to dine with local families or receive hands-on tutorials from local craftspeople.

• **O Canada**: Canada is an increasingly popular vacation destination, thanks to its close location and favorable currency exchange rates that make trips there affordable and accessible to more Americans. Canada will also celebrate its 150th birthday in 2017, offering visitors many opportunities to experience special events and learn more about the country's history and traditions.

• **The "I"s Have It**: AAA notes a significant amount of demand for travelers visiting Europe in 2017. Ireland and Iceland are expected to be particularly popular, thanks to the availability of low airfares and the perception that both countries are safe—yet for many travelers, previously unexplored—destinations.

• **River Cruising**: According to a AAA survey, four in 10 Americans would consider a river cruise for an upcoming vacation and 24 percent said they are likely to take a river cruise in the next five years. And despite the perception that river cruising appeals primarily to older generations, millennials are more likely to consider a river cruise for an upcoming vacation than either their Generation X or Baby Boomer counterparts.

• **National Parks**: The National Park Service celebrated its 100th anniversary in 2016, to great fanfare. Following all-time record visitation in 2015, the national parks remain an attractive vacation destination for many. According to a recent AAA survey, 79 percent of Americans say they are as likely or more likely to visit a national park through the first half of this year, building on the momentum of last year's centennial celebrations.

Before setting out on a vacation, travelers should contact their local AAA office for the expert advice of a trusted travel advisor who can provide personalized service and first-hand destination knowledge to create a memorable vacation experience.

Travelers can also download the free AAA Mobile app for iPhone, iPad and Android. The app can be used to map a route, find the lowest gas prices, access exclusive member discounts, find more than 58,000 AAA Approved and Diamond Rated hotels and restaurants, request roadside assistance and more. For more information or to begin planning a trip, visit AAA.com/Travel.

Two On Assumption Dean's List

Two Quincy students are on the Dean's List for the fall semester at Assumption College in Worcester.

They are:

Tamra Adams, Class of 2018; and Julianna Montminy, Class of 2019.

Heart Failure: Signs, Symptoms, Treatment

A Message From The Quincy Health Department

By RUTH JONES
BSN, RN, BC, CP-FS

Heart failure, also known as congestive heart failure, occurs when your heart muscle doesn't pump blood as efficiently as it should.

Certain conditions, such as narrowed arteries in your heart (coronary artery disease) or high blood pressure, can progressively leave your heart too weak or stiff to fill and pump proficiently. Heart failure can be ongoing (chronic), or may start suddenly (acute).

Signs and symptoms of Heart failure may include:

- Shortness of breath (dyspnea) when you exert yourself or when you lie down
- Fatigue and weakness
- Swelling (edema) in your legs, ankles and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Increased need to urinate at night
- Swelling of your abdomen (ascites)
- Sudden weight gain from fluid retention
- Lack of appetite and nausea
- Difficulty concentrating or decreased alertness
- Sudden, severe shortness of breath and coughing up pink, foamy mucus
- Chest pain if your heart failure is caused by a heart attack

Heart failure often develops subsequent to other conditions having damaged or weakened your heart. In heart failure, the ventricles, the main pumping chambers of your heart, may become stiff and not fill properly between beats. In some cases, your heart muscle may become damaged and weakened, and the ventricles stretch to the point that the heart is unable to pump blood effectively throughout your body. As time progresses, the heart can no longer keep up with the normal demands placed on it to pump blood to the remainder of your body.

An ejection fraction is a significant measurement of how well your heart is pumping and is used to help classify heart failure and guide treatment. The ejection fraction of a healthy heart is 50 percent or higher, meaning that more than half of the blood that fills the ventricle is pumped out with each beat. Keep in mind that heart failure can occur even with a normal ejection fraction and can occur if the heart muscle becomes stiff from conditions such as high blood pressure.

The term "congestive heart failure" comes from blood backing up into, or congesting the liver, abdomen, lower extremities and lungs. Conversely, not all heart failure is congestive. It is possible to have shortness of breath or weakness due to heart failure and not have any fluid building up.

Heart failure can involve the left side (left ventricle), right side (right ventricle) or both sides of your heart. Generally, heart failure begins with the left side, specifically the left ventricle, and your heart's chief pumping chamber.

Certain conditions that occur can damage or weaken your heart and can be the source of heart failure. Some of these can be present without your realizing it:

- Coronary artery disease and heart attack
- High blood pressure (hypertension).
- Faulty heart valves.
- Damage to the heart muscle (cardiomyopathy).
- Myocarditis.
- Heart defects you're born with (congenital heart defects).
- Abnormal heart rhythms (heart arrhythmias)
- Other diseases. Chronic diseases such as diabetes, HIV, hyperthyroidism, hypothyroidism, hemochromatosis or amyloidosis also may contribute to heart failure.

Causes of acute heart failure include viruses that attack the heart muscle, severe infections, allergic reactions, blood clots in the lungs, the use of certain medications or any illness that affects the whole body. A solitary risk factor may be sufficient to cause heart failure, but a combination of factors also increases your risk.

With proper treatment in some, heart failure may improve. However, heart failure can be a life-threatening situation. People with heart failure may have severe symptoms, and some may require extraordinary measures such as heart transplantation or support with a ventricular assist device.

To diagnose heart failure, your healthcare provider will take a careful medical history, review your symptoms and perform a physical examination. They will also check for the presence of risk factors, such as high blood pressure, coronary artery disease or diabetes.

After the physical exam, your doctor may also order some of these tests:

- Blood tests.
- Chest X-ray
- Electrocardiogram (ECG).
- Echocardiogram.
- Stress test.
- Cardiac computerized tomography (CT) scan or magnetic resonance imaging (MRI).
- Coronary angiogram.
- Myocardial biopsy.

Treating the underlying cause can occasionally correct heart failure. But for the majority of people, therapy involves a balance of the right medications and, in some cases, use of devices that help the heart beat and contract appropriately. A combination of medications to treat heart failure as well as other heart medications such as nitrates for chest pain, a statin to lower cholesterol or blood-thinning medications to help prevent blood clots may be prescribed. Supplemental oxygen through a mask or small tubes placed in your nose may be necessary at times and can be long term if you have severe heart failure.

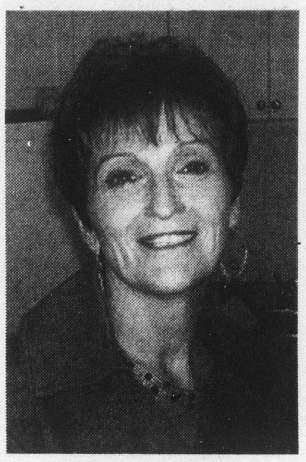
In some instances, doctors recommend surgery to treat the underlying problem that led to heart failure. Some treatments being studied and used in certain people include:

- Coronary bypass surgery
- Heart valve repair or replacement.
- Implantable cardioverter-defibrillators (ICDs), a device similar to a pacemaker.
- Cardiac resynchronization therapy (CRT), or biventricular pacemaker.
- Heart pumps
- Heart transplant

Even with the myriad of treatments available for heart failure, the possibility still exists that your heart failure may deteriorate to the point where medications are no longer effective and a heart transplant or device is not an option. If this occurs, hospice care is an alternative that provides a special course of treatment to terminally ill people.

Managing heart failure requires an open dialogue between you and your doctor. Be honest about whether you're following recommendations concerning your diet, lifestyle and taking medications. Don't be hesitant about asking your doctor questions concerning living with heart failure. They often can suggest strategies to help you get and stay on track. Although many cases of heart failure can't be reversed, treatment can frequently improve symptoms and help you live longer. You and your doctor can combine efforts to help make your life more comfortable.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.



RUTH JONES

Got A Health Question? Ask Ruth

Do you have a health topic or question for the city's director of nursing?

Send your suggestion and questions to Ruth Jones, director of Nursing for the Quincy Health Department. She may use your topic or question in an upcoming column.

Email suggestions and questions to Ruth Jones at rjones@quincyma.gov.

Dental Health As You Age Program Jan. 25 At Kennedy Center

Representatives from the Folan Family Dental Clinic in Dorchester will be at the Kennedy Center Wednesday, Jan. 25 at 10:30 a.m. to present "Dental Health As You Age."

They will address key topics including preventative care, plaque, and tooth decay, taking care of partials and dentures and nutrition that best supports optimal oral health.

Presentation will include a slide show and short video clips.

Registration is required for this presentation as space is limited. To register call the Kennedy Center at (617) 376-1506.

SECONDARY LUNCH MENU

Monday, Jan. 23
WW Pizza Sticks Marinara Dipping sauce, Side Romaine Salad, Mixed Fruit.

Tuesday, Jan. 24
BBQ Chicken & Cheddar on a 6" WW Sub Roll, Sweet Potato Puffs, Mixed Fruit.

Wednesday, Jan. 25
Beef American Chop Suey, Roasted Green Beans, WW Dinner Roll, Mixed Fruit.

Thursday, Jan. 26
Hot & Spicy Chicken Patty Sandwich w/ Lettuce, Tomato & Blue Cheese Dressing, Potato Wedges, Mixed Fruit.

Friday, Jan. 27
Turkey BLT on a WG Pretzel Roll, Roasted Cinnamon Chickpeas, Mixed Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

ELEMENTARY LUNCH MENU

Monday, Jan. 23
Grilled Cheese Sandwich, Carrot Snack Pack, Apple Slices.

Tuesday, Jan. 24
Early Release Day—NO LUNCH SERVICE

Wednesday, Jan. 25
Popcorn Chicken Bowl, Sweet Yellow Corn, Mashed Potatoes, WW Dinner Roll, Applesauce.

Thursday, Jan. 26
Beef Hot Dog on a WW Bun, Steamed Broccoli, Mixed Fruit.

Friday, Jan. 27
BRUNCH FOR LUNCH! WW French Toast w/ Maple Syrup, Egg Patty, Sweet Potato Puffs, Mixed Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

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BID-Milton Weight Loss Surgery Program Earns Accredition

The Beth Israel Deaconess Hospital-Milton (BID-Milton) Weight Loss Surgery Program has been accredited as a "Comprehensive Center" by the American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). This is the highest level of accreditation provided by MBSAQIP and enables BID-Milton to begin offering lap band revisional surgery to patients in Milton.

The accreditation followed a comprehensive onsite review by an MBSAQIP bariatric surgeon surveyor who reviewed the program's structure, processes and clinical outcomes data last fall. The surveyor determined the program met essential criteria for staffing, training, facility infrastructure and protocols for care, ensuring its ability to support patients with severe obesity.

"The comprehensive center designation is a significant milestone in the growth of the hospital's Weight Loss Surgery Program," said Angela Fenton, MA, LMHC, program director. "It ensures patients will receive the highest quality care based on nationally accepted standards pre and post operatively."

Benjamin Schneider, MD, FACS, medical director of the program, emphasized that more individuals will now be able to receive care at the hospital. "Our new MBSAQIP Comprehensive Center designation means more patients will be able to access a personalized approach to bariatric surgery at a leading conveniently located community hospital. It means patients receive not just a surgical procedure but a full program consisting of multidisciplinary pre- and post-operative care and long-term support, which improves outcomes."

General and bariatric surgeon Morgan Bresnick, MD, emphasized the need for lap band revisional surgery options locally. "The revisional surgery market is growing. As an MBSAQIP Comprehensive Center, we can now remove a lap band and perform a sleeve or bypass procedure as a replacement right here in Milton."

BID-Milton and Beth Israel Deaconess Medical Center, members of the Beth Israel Deaconess Bariatric Network, now are both accredited as Comprehensive Centers by MBSAQIP.

BETH ISRAEL DEACONESS Hospital-Milton weight loss surgery team recently passed an intensive onsite survey resulting in the program being accredited as a "Comprehensive Center" by the American College of Surgeons. The accreditation, the highest offered, means the hospital can now perform lap band revisional surgery. Left to right: Maura Bertolino, administrative assistant; Cecelia Pukt, administrative assistant; Deizy Mendes, RN, bariatric nurse; Edward Hatchigian, MD, bariatrician; Angela Fenton, MA, LMHC, program director; Melissa Packin, MS, RD, LDN, bariatric dietitian; Benjamin Schneider, MD, bariatric surgeon; Morgan Bresnick, MD, bariatric surgeon. *Photo Courtesy BID Hospital-Milton*

BID-Milton offers monthly, free introduction to weight loss surgery programs on the first Tuesday of the month at 12:30 pm and on the third Thursday evening at 6:30 pm in the hospital's Nangeroni Education Center. To register or for more information on the Weight Loss Surgery Program, call 617-313-1440.

Basic Life Support Course Feb. 7

Health Ed of New England will hold a Basic Life Support (BLS) certification course for healthcare providers Tuesday, Feb. 7 from 6 to 10 p.m. at Christ Church, 12 Quincy Ave., Quincy.

The cost is $55 per person.

The course requires preregistration by Monday, Feb. 6.

For more information, call 781-582-1440 or 800-434-6000, or visit www.healthednewengland.com.

Joshua Goldberg On Dean's List

Joshua Goldberg of Quincy has been named to the Dean's List at the University of Albany for the fall semester.

Future Medical Use Priority For New Owner Of Quincy Medical Center Site

Cont'd From Page 4

"Quincy really needs a shock trauma area. I'm concerned that at the end of five years there will not be a shock trauma facility that is going to be able to package and triage people into Boston," she said.

"If we didn't have one and anyone here suffered a terrible cardiac arrest or respiratory arrest or any of the other terrible acute things that happen to people, there really is nowhere to send them."

Reale said the company understands the need to have an emergency room on site, and the keeping Steward's ER there for five years was a key point of the purchase agreement. FoxRock, he added, would look to keep an emergency room on site after the five year if no other alternative is available in Quincy.

"Steward staying there for five years was a huge part of what we talked about with them for the reasons you just said," Reale said. "We will actively seek to backfill them if that stays a need and it is not otherwise met in the city."

Cassandra Beck, who is a leader of the Quincy Parent Advisory Council to Special Education, raised the idea of a facility for school-age children with learning disorders, autism and mental illness.

"There is a need for it. They are closing these things down and there is not a place to put these kids," Beck said. "I think it would be a wonderful use to help the children."

Another resident in attendance asked if a facility to serve veterans was on the table. Reale invited both Beck and the man who asked about veterans' services to stay in contact with the company and involved with the process as plans for the site progress.

The company, officials added, plans to open an office in Quincy Center where residents would be able to stop in and discuss the hospital site.

Several residents in attendance asked if non-medical uses – specifically a residential development with apartments or condos – were a possibility for the property. Clem said FoxRock is committed to finding medical uses.

"That's not in our DNA as a company," he responded when asked about a residential development.

"We are committed to the medical use up there and pursuing that very actively."

Reale noted Quincy currently holds a right of reverter over the Whitwell Street property, which would allow the city to take back the property in five years if certain conditions are not met. Under its agreement with the city, FoxRock would have to lease out 150,000 square feet of space for medical uses at either the Quincy Medical Center or Ross Garage site – or both – or pay $4.2 million to the city.

Peg Mansfield said she was concerned that provision could lead to a large development on the Quincy Medical Center site, even with the City Council responsible for reviewing such a project.

"What has the council rejected lately when it comes to anything being developed in Quincy?" Mansfield said, drawing applause from other residents in attendance.

"For us to sit here and now you say it is [150,000] square feet between two properties – not just one – there are going to be a lot of doubts, at least from my perspective. I have a hard time believing anything said from this point on if it's now split between two properties. [Quincy] is way overdeveloped."

Jean-Paul Lagace St. Michael's Grad

Jean-Paul Daniel Lagace of Quincy recently graduated from Saint Michael's College with a Bachelor of Arts in political science.

Stephanie Dipietro On Dean's List

Stephanie N. Dipietro, daughter of Kyria and Russell Dipietro of Quincy, has been named to the Dean's List for the fall semester at Hamilton College in Clinton, N.Y.

Joanna O'Brien On Dean's List

Joanna Rose O'Brien of Quincy, a Bachelor of Science candidate majoring in forensic science in the Lee College of CJ & Forensics, has been named to the Dean's List for the fall semester at the University of New Haven.

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Schools See Spike In English Learner Students

Cont'd From Page 1

the highest influx last year with 58 English Learner students followed by North Quincy High with 40. Marshall elementary was next with 38, Lincoln-Hancock had 37, Parker had 35 and Atlantic Middle had 24 and Sterling Middle had 22.

According to Central Registration's analyst Ophelia Wu, most of the new families are coming from Central and South America and the Middle East.

"Most of these families live near Quincy Center, that's why Quincy High and Sterling got the largest numbers," she said.

She noted that Wollaston and North Quincy have a large Asian population.

Wu said the kindergarten level had the largest number of English Learners registering last year with 53, followed by grade one with 42, grade 11 with 38 and grade 10 with 31.

The primary language of the non-English speaking students is Chinese followed by Indian, Portuguese and Spanish. Greek, Italian, Cantonese and Albanian are among the other ethnicities coming into the city.

Hallett said the upward trends along with stricter registration requirements for English Learners by the state prompted changes in the Central Registration office.

The office, located in the Bradford Library at Quincy High School, is now open Monday through Friday, from 9 a.m. to 5 p.m. and is staffed by two full-time and six part-time workers.

"We treat the office as a welcoming center," said Hallett. "The important part of our mission is welcoming families. The process can be stressful. We want the process to be smooth and give a good first impression."

The registration office was previously located in the basement of the administration office in the Coddington Building. It was only opened Monday and Thursday afternoons with a part-time staff of five.

Hallett said since last year, the district secured a federal grant allowing the hiring of additional staff to open the office full-time to meet the growing demands of the office. She also explained the process has been streamlined since the office switched to electronic registration.

Wu explained the registration process starts with parents making an appointment to register their children. A photo ID of both the parent or guardian and the student is required. Two or three proofs of residency are required showing the student lives in the city. A birth certificate, immunization, health and previous school records are also required.

According to Central Registration administrator Nicolette Pratt, if a parent is unable to produce two valid proofs of residency, attendance officers perform unannounced residency checks.

An intake team interviews the family and assesses the student in English language proficiency to determine the level of support needed. Incoming high school students receive an additional assessment for math and writing skills.

Committee Vice Chairman Paul Bregoli voiced concern about what he viewed as a limited amount of proof needed for residency where most families are required to show multiple proofs.

"I'm bothered that someone can come in with just one piece of paper (proof of residency)," he said. "We should all play by the same rules."

Pratt said more than one document is required and that attendance officers perform multiple residency checks on questionable enrollees.

Committee member Anne Mahoney noted families who rent or lease homes have been surprised by residency checks.

"It's not just English Learner students, we do residency checks for all our students," she said.

Quincy School Supt. Dr. Richard DeCristofaro said he is pleased the English Learner registration process has improved.

"Every case is unique," he said. "Years back it was very difficult for families. They need to feel comfortable, not only coming to the United States, but to our schools."

Board Gets First Look At NQ Station Development

Cont'd From Page 1

parking garage with room for 852 vehicles. That is the same number of spaces currently on site and would serve commuters who utilize the station, though a third of the garage would be available to residents living inside new buildings on site on nights and weekends. Additional parking would be available to serve tenants living on site and those who visit the retail space.

The garage would be located adjacent to the station's head house. The rest of the development would wrap around the garage, so the latter would be not be visible from the street.

The mixed-use development would include nearly 600 apartments and 50,000 square feet of retail space. MacKinnon indicated a specialty grocer could be targeted for the retail component, based on feedback received from residents at a previous community meeting.

"We would like to serve the general area," he said. "We're not looking to draw people from 10 miles away and we're not looking for some sort of specialty retail use that doesn't exist somewhere else."

MacKinnon said the project would create about 150 permanent jobs in Quincy and provide $1.6 million in property taxes annually. The developers also expect to pay Quincy about $2 million in permit fees – in addition to a contribution to the Affordable Housing Trust Fund – and will employ about 1,100 workers during construction.

The MBTA will receive more than $200 million in lease payments over 99 years, as well as revenue from the parking garage. The developers would also be required to pay the transit agency for parking spaces lost temporarily during construction, MacKinnon said.

Rob Stevens of the Quincy Planning Department said the MBTA is working on a plan to provide parking once construction begins. Temporary parking structures and shuttle service to offsite satellite lots are among the options under consideration, he said.

The City Council in November approved an amendment to Quincy's zoning code to create a transit-oriented zoning district at the North Quincy station. The change makes the Planning Board the sole board from which the applicant must seek approval.

Stevens said the project must also undergo an environmental review by state officials.

In other business Jan. 11, the developer behind plans for a hotel on Arlington Street in North Quincy submitted a revised proposal to the board.

Cathartes, a Boston-based real estate development firm, received approval from the board in April 2016 for a six-story, 140-room hotel on site with 102 parking spaces. The revised plans call for a shorter building with a larger footprint – five stories and 180 rooms. The number of parking spaces would be reduced to 91, which is one more than required by the city's zoning code.

Bob Harnais, the attorney representing the developer, said Cathartes had always planned to construct a second development on the property at 1-15 Arlington St. Instead of residential development, the company opted to expand the hotel's footprint.

As part of the revised plan, the number of rooms with a kitchenette has been reduced. The original plan included kitchenettes in all 140 rooms. Under the new proposal, 90 rooms would have kitchenettes.

The hotel would operate under a Marriott or InterContinental Hotels Group brand.

The public hearing on the proposed revision was continued to Feb. 8.

Additionally, the Planning Board approved a proposal to construct a 20-unit, four-story apartment building at 151 Hancock St. in North Quincy. Each unit in the new apartment building will include two bedrooms and two bathrooms. The project includes 29 parking spaces, 28 of which are located in a ground level garage.

Hearings on a pair of other projects were also continued to Feb. 8, without presentations being made. They include a proposal for a 72-unit residential building at 31-39 Newbury St. in North Quincy and plan to add six new units at 129 Sumner St. in Quincy Point.

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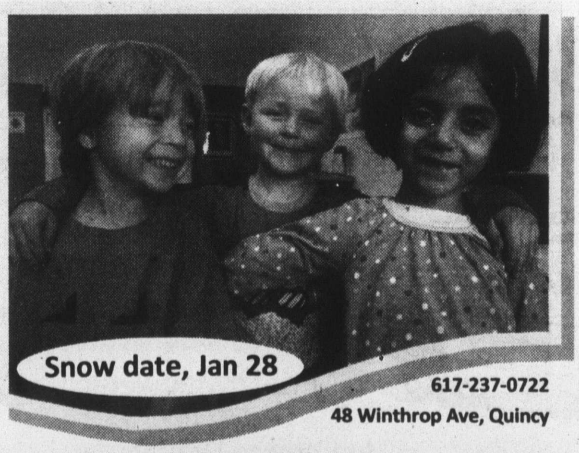
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New Law Gives Quincy College Ability To Confer 4-Year Degrees

College 'Building Towards Baccalaureate Programs'

Gov. Charlie Baker has signed into law a bill that allows Quincy College, a two-year community college, the ability to confer four-year Baccalaureate degrees in addition to the currently awarded Associate degrees and Certificates.

The bill was signed into law Jan. 13 - days after it was approved by the Massachusetts State Legislature

College officials said the new law heralds a major change for an institution that has been solely a two-year community college since it was founded in 1958. Quincy College retains its core mission and foundation of open-access certificates and associate degrees and can now begin building towards baccalaureate programs.

In April of 2015, Quincy College first sought permission from state lawmakers to become a four-year school that is able to grant baccalaureate degrees via a home rule petition. A home-rule petition is a special act proposed by a city or town that goes to the state Legislature for approval. Quincy College's governance is established by state law, and any major change must be approved by state lawmakers through a home-rule petition. Both the mayor and city council must approve the change because the college is affiliated with the City of Quincy.

Quincy College, with campuses in Quincy Center and Plymouth, currently offers associate's degrees and certification programs to 5,000 students who hail from the greater metro Boston area, South Shore, Cape and the Islands, as well as 121 countries around the world.

Nearly a year after the home rule petition was submitted, on March 15, 2016, House Bill H.4061, an act authorizing Quincy College to confer baccalaureate degrees, was reported favorably by and out of the Joint Legislative Committee on Higher Education and referred to the Ways and Means Committee of the House of Representatives. At that time, the number of the bill was changed from H.4061 to H. 3556. When H.3556 was reported favorably by House Ways and Means committee, the bill was changed to H.4403.

The Bill was sponsored by House Majority Leader, Ronald Mariano (D-Quincy) and co-sponsored by fellow Quincy legislators state Sen. John F. Keenan, Rep. Bruce J. Ayers, Rep. Tackey Chan and Rep. Daniel J. Hunt (D-Dorchester) whose district includes one local precinct.

Quincy College currently offers a range of associate-degree programs in majors ranging from criminal justice to nursing, as well as certificate programs in specialties such as accounting, game development and paralegal studies and will systematically expand degree offerings to support 4-year baccalaureate programs.

"This is a transformative event in that it allows Quincy College to assume its proper place as an institution of higher education in Quincy and Plymouth and towns up and down the Route 3 corridor," said Quincy College President Peter H. Tsaffaras J.D. "I often say that education is the passport that allows one to travel through and navigate our society. Without changing its mission, Quincy College can now offer an enhanced pathway to a baccalaureate degree, supporting not only the city of Quincy but the South Shore as a whole.

With campuses in Quincy and Plymouth, Quincy College enables access to higher education for students whose choices have historically been limited by work, income, family responsibilities or lack of transportation. This legislation and its outcome reflects the regional esteem that Quincy College has earned, the respect that our staff and faculty have fostered, and the quality education our students receive," Tsaffaras added.

The school's main campus is in Presidents Place at 1250 Hancock St. in Quincy Center. It also has a large, full-service campus at 36 Cordage Park Circle in Plymouth. The four-year degree offerings would be rolled out systematically across programs at both the Quincy and Plymouth campuses.

"Quincy College will seek to introduce baccalaureate degrees selectively over time in occupations where the entry level credential is changing," said Aundrea Kelly, Senior Vice President of Academic Affairs. "For example, acute care hospitals now require a bachelor's degree in the Science of Nursing. LPN graduates without a bachelors degree find themselves disadvantaged, having to find work in nursing homes or local clinics.

"Quincy College remains focused on our mission of providing equal opportunity and access to students, regardless of the degree or certificate they seek. When surveyed, ninety-four percent of our students want to pursue a baccalaureate degree at Quincy College. We are so pleased to now be able to introduce this offering to our student population many of whom are place-bound," Kelly said.

Studies have shown Quincy College already delivers the highest return on education investment across two-year public colleges in Massachusetts and the entire New England region. Quincy College programs are designed to provide students with skills and training to enter the workforce or pursue advanced degrees.

According to data from the U.S. Department of Education's College Scorecard, Quincy College students ranked #1 as top salary earners in Massachusetts and New England across two-year public colleges. The U.S. Department of Education's College Scorecard data reveals the successful outcomes of Quincy College students.

The institution becoming a four-year college comes at a time when city leaders and private developers are revitalizing Downtown Quincy erecting new buildings to hold residential, commercial, and office space.

"Quincy College's ability to confer baccalaureate degrees will allow Quincy College to grow in both Quincy and Plymouth, with positive, long-term effect for the south shore community, for the spatial footprint, and for the campuses," Tsaffaras said. "The passing of this legislation could not come at a more exciting juncture for Quincy and Plymouth, as downtown Quincy undergoes revitalization and the expansion of the Cordage Park campus in Plymouth."

Schools Hold Substance Use Prevention Week

Dangers Of Addiction Focus

By TOM GORMAN

Quincy Public Schools hosted the seventh annual substance use prevention and education week Jan. 3-6 where students participated in several programs about the dangers of addiction.

The school department's director of student support services and special education Maura Papile outlined the week's activities during the Jan. 11 meeting of the school committee. She noted that a key presenter during the week was Travis Roy, the Boston University hockey player who was paralyzed during a game in 1995 and has since been a motivational speaker.

"You might ask what Travis Roy has to do with substance abuse prevention," Papile said. "We strongly felt that his message about living a purposeful life after having a tragedy come upon you is his soft-spoken way is very powerful."

Papile said the students and staff were moved by Roy's presentation and that "you couldn't hear a pin drop."

"He gives permission to support each other with kindness and love," she said. "For high school kids that may seem a little awkward to get from a presenter, but it was well received. They really related to his courage and purpose for life. We were really glad to have that presentation."

Other activities during the week included a trivia game show about the risks and consequences of substance abuse and a health fair where representatives from various local agencies had booths with information ranging from the use of the opiate blocking Narcan by first responders to substance abuse prevention and education.

The Quincy police and fire departments, Manet Health, Bay State Community Services, Impact Quincy, Norfolk County District Attorney's Office, city health officials and parent representatives participated in the week-long program. Papile expressed appreciation for the agencies.

"It was really a strong message for students to see that their community members are invested and care about them and there are resources for families that may be struggling," Papile said.

Papile explained there are ongoing events in the city's schools targeting substance abuse and addiction through health intervention. These include curriculum programs such as the Life Skills at the high schools and refusal skills and peer pressure at the middle schools. In the spring, there will be a city-wide healthy choices program for parents.

Also at the middle schools, a theatrical performance about addiction that was followed up by discussions and lessons was recently presented.

The substance abuse prevention week was funded by Mayor Thomas Koch's office and the Thompson family in memory of Ryan Thompson. The city's Substance Abuse Task Force and Norfolk County Sheriff's Office also supported the program.

In another matter, the district's nursing coordinator Rita Bailey said the school department's business partner, Brewster Ambulance, is supporting "A Matter of Heart" program for middle school students. She explained that during January and February, grade 8 students will learn about heart health and be taught CPR for certification by Brewster Ambulance trainers.

A CPR certification class for middle school parents and students is scheduled for Saturday, Feb. 4, at 8:30 a.m. at Central Middle School. Bailey said that some 200 parents and students have been CPR certified in the past few years through the program.

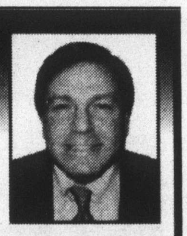
Two Quincy Students On Champlain Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at Champlain College in Burlington, VT.

They are:

Marie Mcdonald, who is majoring in accounting; and Maggie Sergeff, who is majoring in graphic design and digital media.

DENTISTRY for the 21st Century



by Steven A. Brustin, D.M.D.

BE HAPPIER WITH YOUR SMILE

By some estimates, one in four adults avoids smiling because he or she is embarrassed about the appearance of his or her teeth. As a result, these self-conscious individuals are more likely to withdraw from social and work situations, in which case, they are less likely to meet the person (or get the job) of their dreams. Fortunately, cosmetic dentistry provides a chance to overcome problems such as discolored, chipped, or widely spaced teeth. Through the use of cosmetic whitening, tooth-colored fillings, dental bonding, porcelain laminate veneers, custom tooth crowns, and other tooth-enhancing techniques, the dentist can make any smile more attractive. If your smile is undermining your confidence, you owe it to yourself to schedule a consultation.

Your smile is important. It's one of the first things you notice when you meet someone. A whiter, brighter smile with beautiful teeth can help you feel better about yourself and make a memorable impression. If you are looking for a cosmetic dentist, we would love to welcome you to our office as a new patient. Whether you need one tooth restored or a full smile makeover, we will make sure your teeth look beautiful and feel natural. To schedule a consultation, please call our office. Visit us on the web at www.quincydentist.com.

P.S. If you have crooked, overlapping, or chipped teeth, the dentist can use a technique called "tooth sculpting" to reshape and contour tooth enamel.

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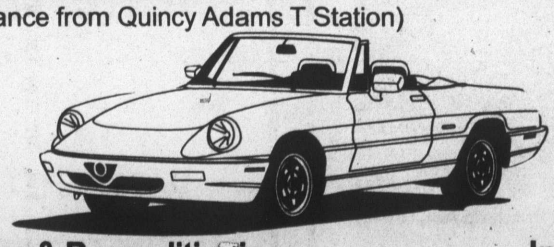

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Quincy Police Officer On Paid Leave Following Standoff

18-Year Department Veteran Charged With Armed Assault With Intent To Murder

By SCOTT JACKSON

An 18-year member of the Quincy Police Department is facing a charge of armed assault with intent to murder and has been placed on administrative leave following a standoff with law enforcement Monday night in Raynham.

The officer, 51-year-old Keith Wilbur, is due back in court Friday. Prosecutors sought a 72-hour continuance during Wilbur's arraignment Tuesday afternoon in Taunton District Court and asked he be held without bail; both requests were granted.

Wilbur has been placed on administrative leave pending further investigation, Quincy Police Chief Paul Keenan said in a statement released Tuesday morning. Wilbur is an 18-year veteran of the department and was currently assigned to the patrol division, the statement said.

Raynham police were called to Wilbur's home on Britton Street around 9 p.m. Monday for a domestic call, according to media reports. A woman came to the door and spoke to the officers who responded to the scene, with Wilbur inside.

Police then attempted to speak with Wilbur, and it was at that time he allegedly fired two shots through a door. The woman and both officers who responded exited the house uninjured. There were no reports of any hostages left inside the home.

The standoff lasted about four hours, and SWAT was called to the scene along with K-9 units and a negotiator. Police blocked off roads to the neighborhood and warned other residents to remain in their homes during the standoff.

Wilbur surrendered to police around 1 a.m. He was not injured, and neither were any responding officers.

Investigators were seen removing firearms and ammunition out of Wilbur's home Tuesday.

New Computers Being Installed In Schools

Cont'd From Page 3

test," said Segalla.

The final tier calls for installing interactive whiteboards and short-throw projectors. The work is to begin Jan. 30 at the high school level and then at the middle schools. Segalla said the elementary schools would have their whiteboards and projectors installed during February vacation week.

"We anticipate 82 classrooms will be completed right beyond the February vacation," he said.

Segalla also told the committee that the district was awarded a $122,000 STEM (Science, Technology, Engineering and Math) grant from the Massachusetts Life Sciences Centers for equipment and supplies for its middle school STEM program. He said the city was notified just before the holidays that its application was accepted.

"This is to inspire middle school students, through technology, in a multi-year initiative, to train middle school students in life sciences, technology and research through innovative digital and real world learning experiences," he said.

Segalla said the district is proposing "to purchase a suite of state-of-the-art equipment to promote the Massachusetts science and technology standards through hands-on classroom activities with professional and practical applications."

The equipment includes five mobile carts with 10 Surface Pro tablets, five printers with five laptops and 10 Lego kits. The grant will also cover stipends for staff and training for the summer STEM collaborative.

"We're very excited about this grant," Segalla said. He thanked Koch for his support of applying for the grant.

In other matters the committee: approved Superintendent of Schools Dr. Richard DeCristofaro's proposal for the district to join the South Shore Education Collaborative in Hingham that provides support to adults and children with educational, emotional or physical challenges.

The committee also approved revisions to the district's policy book; North Quincy High School students' trip to Italy in April; Sterling Middle School grade 8 students' trip to New York City May 31 through June 2; Quincy High School student council participation in the state association of student councils conference in Hyannis March 8 through 10; and Central Middle School grade 7 trip to Camp Wing in Duxbury June 14 through 16.

Community Alert Issued After Two NQ Armed Robberies

By SCOTT JACKSON

The Quincy Police Department wants residents to be on alert after two armed robberies were reported in North Quincy this month.

In both incidents, the suspect, a black male, pointed a gun at the victim and demanded money. The investigation into each is still ongoing, and anyone with information is asked to contact Detective William Monteith at wmonteith@quincyma.gov or 617-745-5767. Tips may also be submitted using the MyPD mobile app.

"We are asking residents to be vigilant," the department said. "When parking your car at night, please park in well-lit areas. Keep your hands free – if possible – and always stay alert. When approaching your home, look for unknown or suspicious persons. If you do not feel comfortable exiting your vehicle, remain in your car until the unknown person has left the area

"If you still feel uneasy, contact 911 or our dispatch at 617-479-1212 and we can remain on the line with you until you are at a safe location. Always trust your instincts. If a suspect approaches you and demands your money, wallet, etc., give it to them. While it can be a hassle to replace your identification and credit cards, it is not worth being injured."

The first incident was reported at 9 p.m. on Jan. 2, police said. Officers responded to the 0-100 block of Atlantic Street for an armed robbery. The victims stated they had just exited their vehicle and were approached by a black male, holding a gun, who demanded money.

One victim, an 18-year-old Asian female, was struck by the suspect who then grabbed her pocketbook. The second victim, a 24-year-old Asian male, handed the suspect his wallet. The suspect was described as a black male, approximately 28 to 30 years of age and 5'9" or 5'10" with a thin build. He was wearing a black hooded sweat top and a mask covering his mouth.

The second robbery occurred in the early morning Jan. 13. Just after midnight, officers responded to the 200 block of Newbury Avenue on a reported armed robbery. The victim, a 55-year-old Asian male, reported that he had just exited his vehicle when he was approached by a black male. The male asked the victim for money.

The victim, who thought the suspect might have been in need of assistance, then handed the suspect some cash from his wallet. At that point the suspect pulled out a black handgun and demanded the remainder of the victim's cash. The suspect was described as a black male, 26 years old, 5'6" and weighing approximately 150 pounds, with slight scruff on his face.

Six On URI Dean's List

Six students from Quincy are on the Dean's List for the fall semester at the University of Rhode Island in Kingston, R.I.

They are:

Si Han Huang, majoring in chemical engineering; Kim Luong, majoring in nursing RN - BS; Jessica M. Muscato, majoring in animal science and technology; Charlotte L Chretien, majoring in nursing; Long Gong, majoring in marine biology; and Elizabeth Maria Bell, majoring in nursing.

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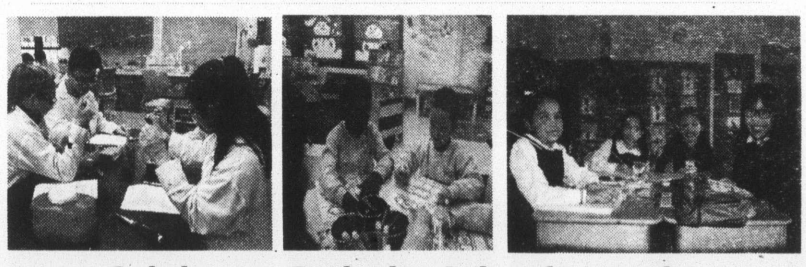

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5th Grader Henry Wilde Establishes Little Free Library

Cont'd From Page 1

have to be that book [you took]. It could be another one of your old books."

The first Little Free Library opened in Madison, Wisconsin, in the summer of 2010. There are now more than 50,000 such libraries worldwide, according to Little Free Library, the registered non-profit group behind the initiative.

Dozens of Little Free Libraries are now available in Massachusetts, including ones in Milton and Weymouth. The one on Summit Avenue is the first in Quincy.

"We hope to start a movement," said Karen Rikkers, Wilde's mother.

"You can easily make one yourself. People have made them out of all kinds of things, including a newspaper box...Somebody made a Darth Vader one. Somebody welded other things and made a robot out of one, so you can do some really cool stuff."

"I think it's a sweet idea," she added later. "I hope other people make them – we would go to it."

SUMMIT AVENUE Little Free Library is now open for all residents. People can pickup a book to read, or leave one for someone else to find. Henry Wilde made the library out of a refurbished newspaper vending machine for a school community service project.

Wilde came up with the idea of making the Little Free Library as his community service because he had seen others elsewhere and wanted to bring the concept to his neighborhood.

"We've seen some in Maine and North Carolina, so we thought it would be a great idea to put in our neighborhood," he said. "I read a lot and I thought it'd be great."

Wilde pitched the idea to his teacher about a month and a half ago, and then went about planning the library and looking for books.

"We were telling people in the neighborhood about it, asking for some support by donating books. A lot of people donated books to it," he said.

The neighbors also donated money to help pay for the cost of signing up for the Little Free Library organization, which includes a listing on its website, littlefreelibrary.org.

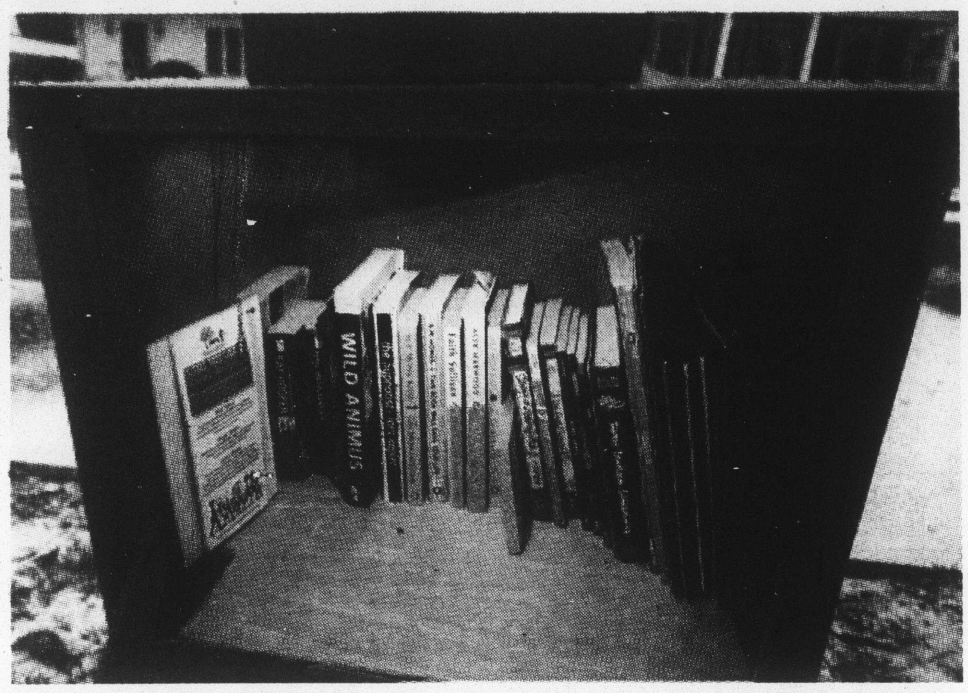
When they approached neighbors for donations, they also wanted to gauge their support to make sure they would be comfortable with the concept. Wilde said the neighbors have responded favorably to the library.

"Most people love the idea," he said.

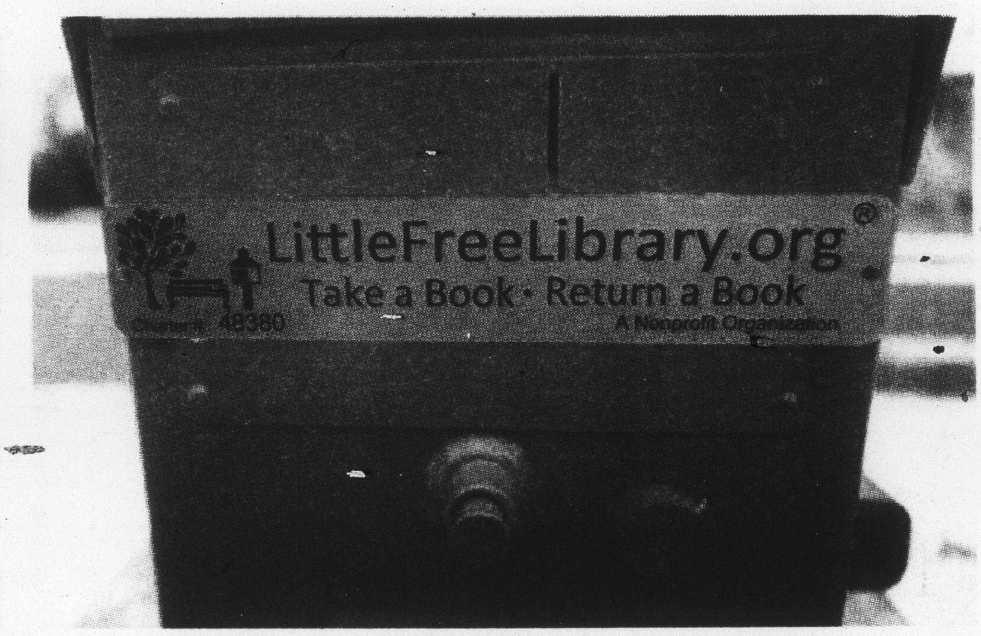
Wilde received the newspaper vending machine as a donation. It was rusted out when he received it, so it was sandblasted and then painted blue and yellow to resemble the family's home. An automated light, which turns on when the door is opened, was also installed.

The library also includes a logbook, where residents can write down their name, the date and what the Little Free Library means to them.

The library was installed the morning of Jan. 6, and by that afternoon a neighbor had already borrowed a couple books.



BOOKS for all ages – children and adults – are available in the Little Free Library on Summit Avenue in the Wollaston Hill neighborhood. The books were donated by Henry Wilde – who started the library – and area residents. *Photos Courtesy Karen Rikkers*



LITTLE FREE LIBRARY movement began in Wisconsin in 2010, and there are now 50,000 such libraries worldwide, including in Milton and Weymouth. Quincy's first one recently opened on Summit Avenue in the Wollaston Hill neighborhood.

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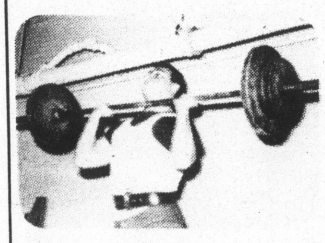
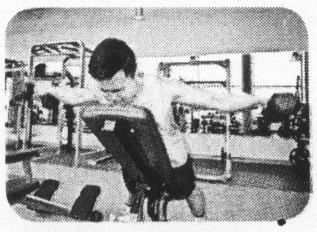

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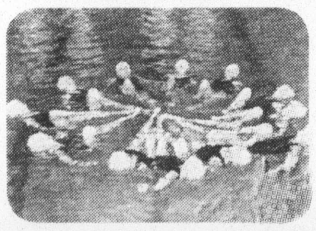
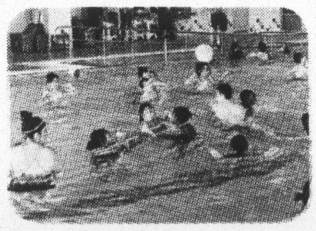

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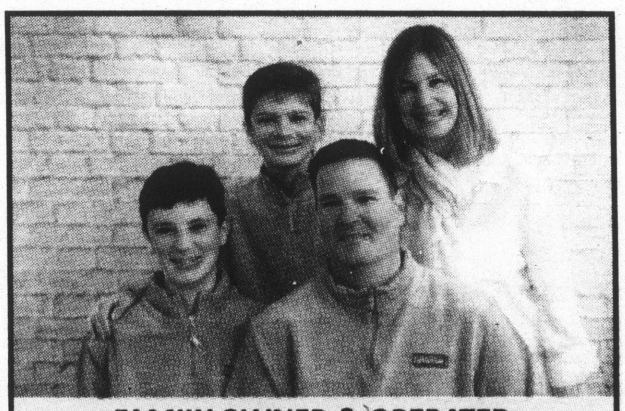

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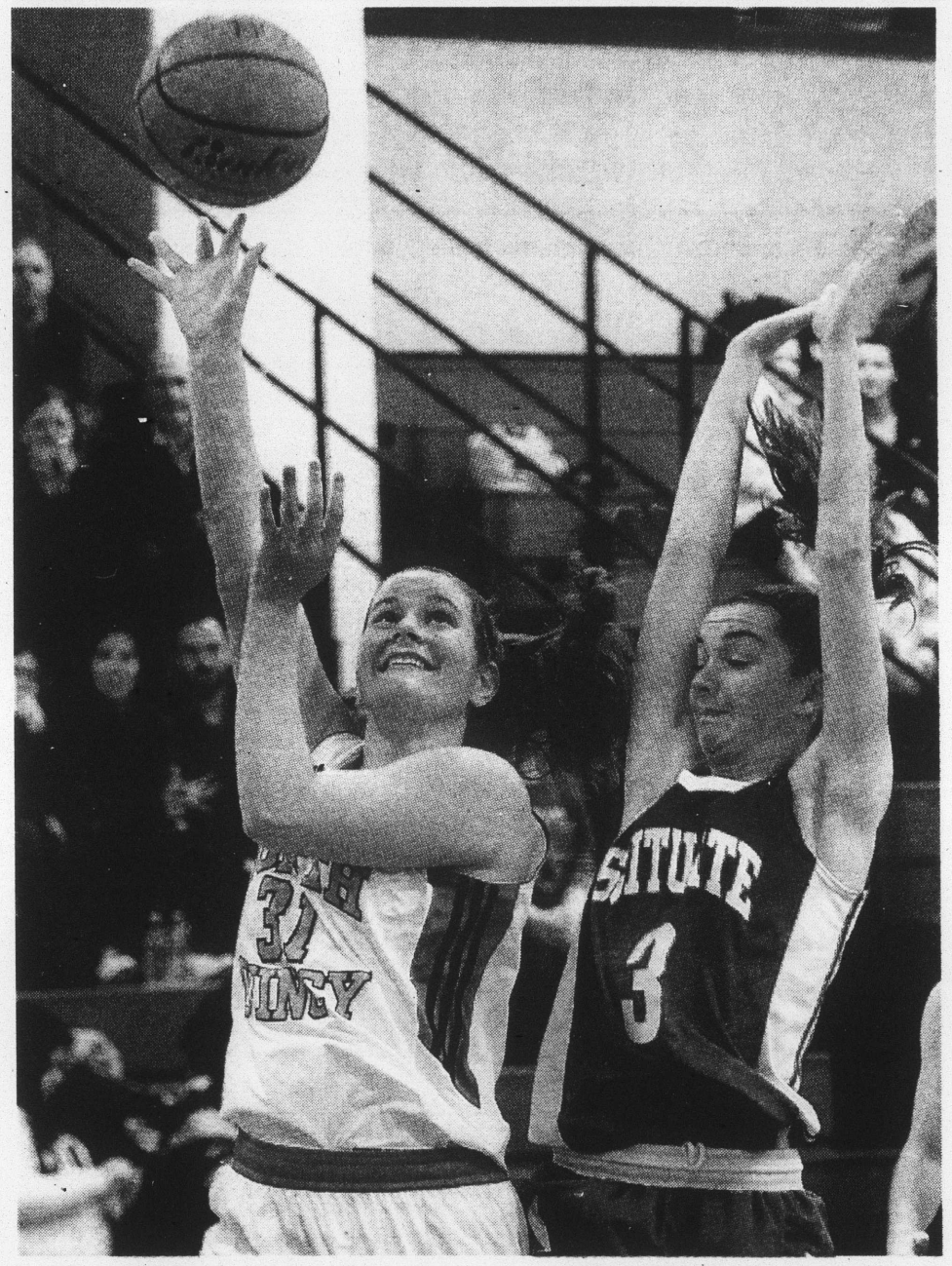

NORTH QUINCY junior forward Jenn Butka scores two of her team-high 11 points in the Red Raiders' 39-35 win over Scituate Friday night. With the win North Quincy improved its record to 5-5. *Quincy Sun Photos/Robert Bosworth*

SENIOR CAPTAIN Remy Aucoin (right) blocks a Scituate shot during the Red Raiders' 39-35 win over the Sailors last Friday night. Aucoin set a new NQ girls basketball career record in blocked shots against Plymouth South eclipsing the mark of 114 set by her cousin, Montana McBirney, Class of 2011. She has a chance to break the single season mark of 53 blocked shots held by Regina Murphy.

More NQ Girls Hoop Photos: www.TheQuincySun.com (galleries)

NQ Girls Hoop Sinks Plymouth South, Scituate

To achieve success, a team must find the ingredients needed for that success. The North Quincy girls basketball team seems to have found those ingredients based on their two latest wins.

North used a total team effort, added a suffocating defense and sprinkled in a few timely three-point shots to achieve success against both Plymouth South and Scituate. The two wins evened North's record at 5-5 and gave them three more wins then they had for the entire season last year.

"We had a different focus at practice," said NQ coach Paul Bregoli. "Our second group really pushed our starters and it paid off on game night. The intensity and hard work during practice made the difference."

Traveling to Plymouth South for their seventh road game in their first 10 games, the Red and Black found themselves down early in the first quarter as South's leading scorer Brandi Andrews hit for 5 points. North's leading scorer and rebounder and rebounder, Remy Aucoin, then rolled her ankle. Aucoin had to be replaced and Bregoli turned to sophomore forward Mary Kate McAleavey.

McAleavey did not disappoint, scoring 5 points and making her presence felt on the boards.

"Mary Kate did not play against Hanover because of a knee issue," Bregoli said. "But she showed the type of athlete she is with her clutch performance."

With McAleavey doing her thing and junior guard Jill Hallisey clamping down on Andrews, the Raiders took a 13-8 lead. In the quarter, Hallisey also chipped in with 4 points while juniors Jessie Caldwell and Jenn Butka also stepped up to help the Raiders gain the upper hand.

Aucoin had her ankle taped and returned in the

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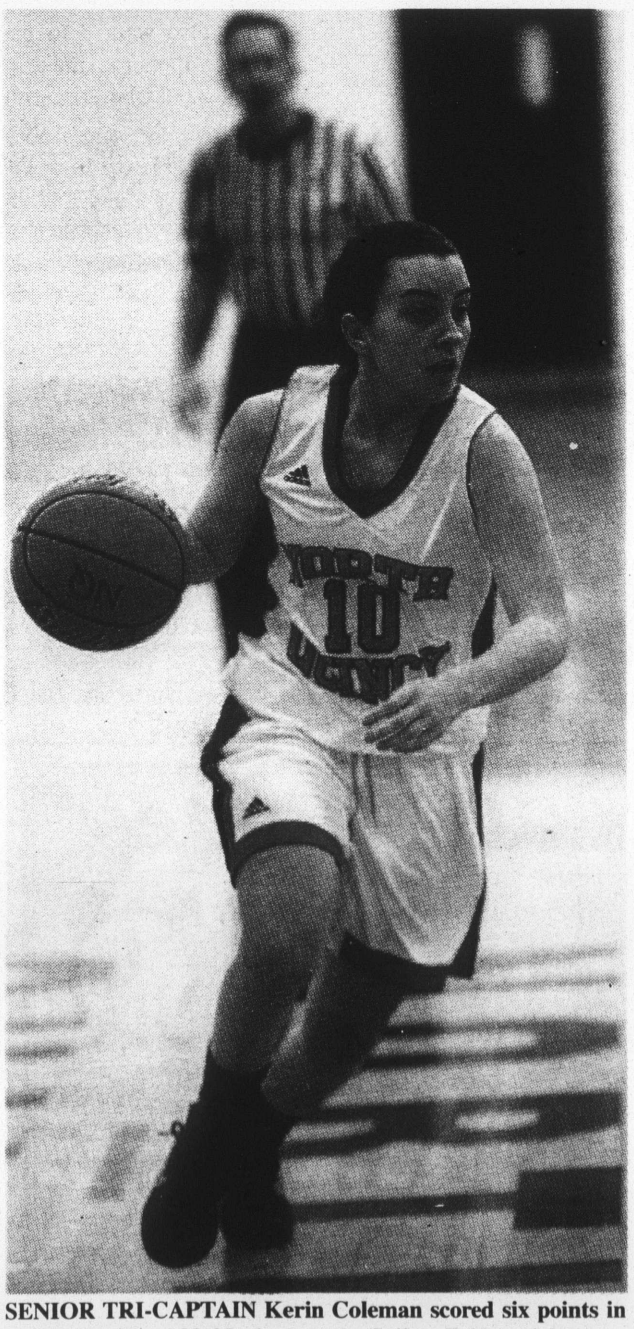

SENIOR TRI-CAPTAIN Kerin Coleman scored six points in the Red Raiders' 39-35 win over the Sailors Friday night.

STUDENT ATHLETES OF THE MONTH

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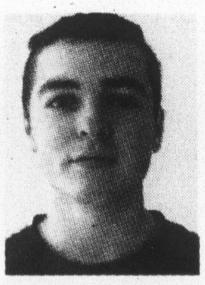
Kyle Murphy

Basketball - Quincy H.S.

"Kyle is our leader in the classroom, and on the court."

- Dave Parry



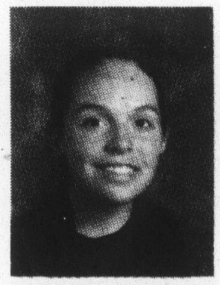
Kyle is a 3-year Varsity Basketball team member, with the last two years as a starter. This year he is a co-captain and is leading the team in assists. He was an All-Star selection at the Rockland Holiday Tournament. He carries a 4.35 GPA, is ranked 26th in his class, and is a member of the National Honor Society. He plans on attending a 4-year college majoring in computer programming.

Abigail Koch

Soccer, Basketball, Lacrosse
North Quincy H.S.

"Abby is an incredibly hard worker. She is always there for her teammates. She's a quiet leader who shows by example. A coach couldn't ask for a better player."

- Kerry Ginty



Abby is a 4-year member of the soccer, basketball, and lacrosse teams. She was named captain of the soccer and basketball teams for her senior year. Outside of athletics, Abby serves on the Student Council as Senior Class Vice President. She is also President of the NQ Chapter of S.A.A.D., and a member of the Allies Program. Abby plans on studying English and Photography at Leslie University, St. Anselm's College, or Framingham State University.

Real Estate

Quincy Real Estate Transactions January 9 - January 13

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Allan M. Fitzsimmons	Timothy J. Fallon	$273,000.00	200 Falls Boulevard Unit G307
Jian P. Lin	CEY Realty LLC	$640,000.00	104-106 Intervale Street
Frances A. McDonough	Collin D. Krajcik	$255,000.00	35 Nelson Street
Tommy Ngo	Susan Clifford	$216,000.00	205 Independence Avenue Unit 232
Kwok P. Wong	For Ming Ha	$230,000.00	115 West Squantum Street Unit 608
Patricia J. Ford	12 Bass LLC	$3,800,000.00	618-622 Hancock Street
Raphael A. Rodriguez & Kathleen C. Phaneuf	Marcy A. Holbrook	$670,000.00	36 Stoney Brae Road
1 Petrel Road LLC	Boston Properties Holdings LLC	$790,000.00	1 Petrel Road
Diane D. Kelly	Ginette Charles	$249,000.00	42 Keyes Street
Yingying Huang & Long D. Lin	Minh Q. & Ann U. Ha; Thy Nguyen	$395,000.00	178 Washington Street
Althea, Byron & Alison Angel	Marijo McCarthy	$662,000.00	43 Harbourside Road Unit 46
Daniel J. & Nicola Cocio	John J. Jr., Denise V. & John J. Dow	$572,000.00	921 East Squantum Street
Jennifer L. Brams	Pawandeep S. Nagpal & Jaspreet Kaur	$405,000.00	1 Cityview Lane Unit 806
John J. Ferriter	Nathan Long & Suzanne Yu	$240,000.00	419 Newport Avenue Unit 2

No Vote Yet On Bridge Street Proposal Amid Opposition

By SCOTT JACKSON

The Planning Board review of a proposed 60-unit residential building in Quincy Center was continued to February when members declined to vote for or against the project after hearing from residents the Bridge Street plan went too far.

Boston Property Development has proposed tearing down a pair of houses at 23 and 31 Bridge Street to make way for the new five-story building. Ninety parking spaces have been proposed for the 60-unit building – 83 in a garage under the building and seven in a surface lot at 7 Thayer St. The developer, based on nearby Greenleaf Street, is also the firm building the 53-unit residential building at neighboring 999 Hancock St., previously home to Temple Beth El.

The project went before the Planning Board Jan. 11 – the fourth time the project has gone before the board. The review was continued to Feb. 8 after members declined to make a motion to approve or reject the proposal that night. The Planning Department had recommended the board approve the plan.

One board member, Sean Callaghan, said he was opposed to the plan, echoing comments from residents who stated it was inappropriate for the site.

"Before we take our vote I just want it to be known that I am against this project. I think it's way too dense for this street," Callaghan said. "The roadways, as mentioned earlier, need to be addressed before we approve a 60-unit development on that street."

Community members voiced their concern about the proposed building being too big during the meeting.

Tresland Way resident John Rodophele said the project is too large for the neighborhood – he stated he was 'shocked' the proposal still called for 60 units as originally planned – adding that streets in the area have too many vehicles parked on them already.

"I'm for developing something there – lower – 30 units…Make them come back with a better plan which is better for the neighborhood, better for the taxpayers," he said.

"Thayer Street, that parking issue, I challenge you right now to drive down there at any given time; if two cars come at each other, there is nothing you can do. It's going to be a bad problem."

Jocelyn Sedney of Monroe Road credited the developer for reaching out to the Hospital Hill Neighborhood Association as well as the Adams National Historical Park, but said the proposal was too big.

"My position on this is the project is just totally inappropriate for the area," Sedney said, later adding, "We're building these buildings and they last.

"We're not just putting up a tent and inviting people to live there and if they don't next year, take it down. We're building these buildings and leaving them

Cont'd On Page 26

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Q/NQ Hockey Bows To W-H/SL

5-2-1 Record After 8-2 Loss

By JOE REARDON

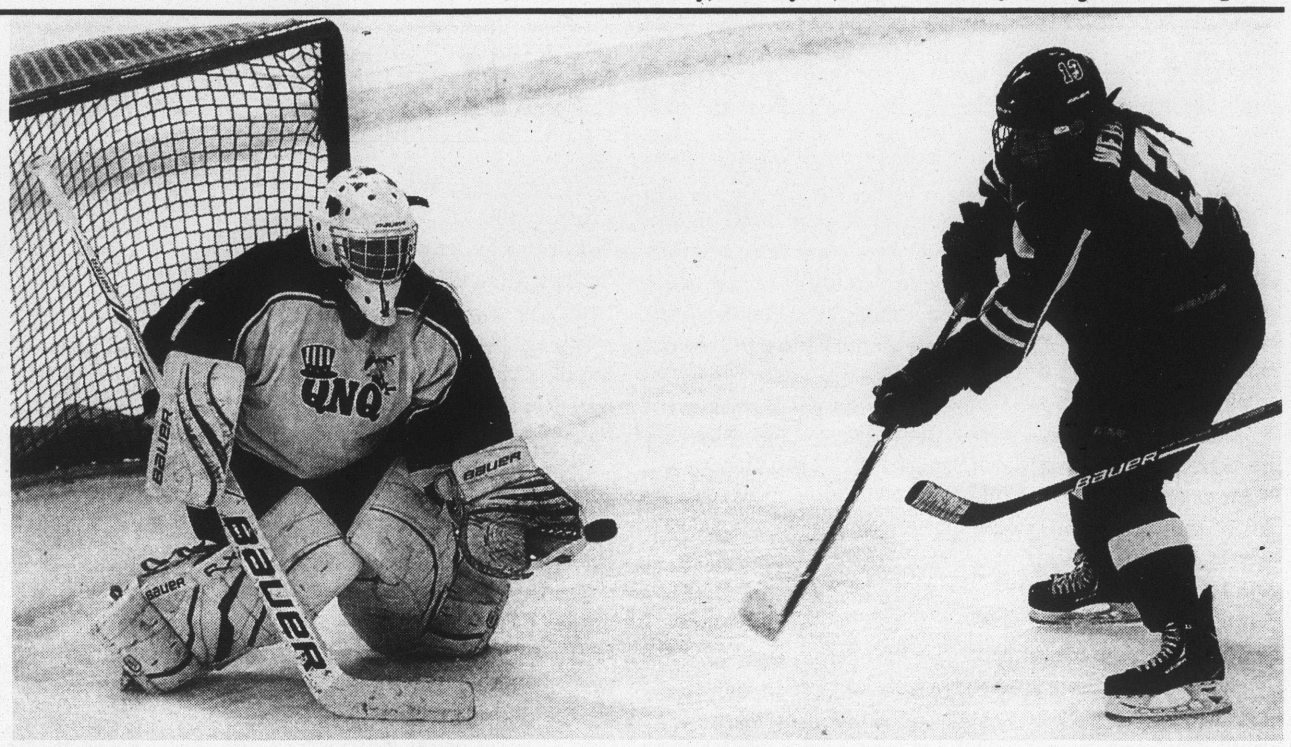
It's probably a good bet the Quincy/North Quincy girls hockey team didn't have a whole lot of fun at its Tuesday practice.

After an 8-2 Patriot League loss at the hands of Whitman-Hanson/Silver Lake for the second time this season, Presidents head coach Jeff Craig had one session to correct some uncharacteristically bad habits before his team took to the ice again against a tough Hanover/Cohasset team on Wednesday. Q/NQ beat the combined team 5-4 in their first meeting of the season.

"We played totally undisciplined all over the ice," said Craig. "Everything right down to penalties and too much talking to the other team, the officials and from the bench. The whole thing was just undisciplined. We can't play like that. We were just too sloppy all over the ice. If we play (Hanover/Cohasset) like we did today we're in trouble."

The team still sits at a none-too-shabby 5-2-1 after the rout at Quincy Youth Arena in a rare holiday matinee, but the schedule is only going to get tougher going forward.

Q/NQ was looking for a win against the tough W-H/SL club, but the contest mirrored the locals only other loss of the season, an 8-1 defeat by the Panthers. Since then, Craig had made adjustments, moving players back to defense and some up front. "We came here to win," said Craig. "We didn't want the same thing to happen that happened last time. We haven't lost since that first game."



GOALIE KARISSA BEAL makes one of her 35 saves against Whitman-Hanson/Silver Lake Monday at Quincy Youth Arena. Q-NQ bowed to W-H/SL 8-2 and was scheduled to take on Hanover-Cohasset in Randolph Wednesday at 3:30 p.m. Q-NQ's record is 5-2-1.

The Panthers peppered Q/NQ goaltender Karissa Beal with 35 shots and the score could have reached double digits if not for some sharp, sparkling saves by Beal. W-H/SL ran out to a 2-0 lead less than three minutes into the first period and then came back with three tallies in the second as Panther forwards were left unattended close to Q/NQ's net.

Q/NQ did put pressure on W-H/SL goaltender Melissa Crone in the first as Riley McLaughlin, Cassandra Davis and Julie Whalen all had bids to get on the board. Crone was up to the task, however, as she turned away a top shelf wrist shot by Davis and stoned McLaughlin on two consecutive shots. At the other end of the ice, Beal robbed the speedy Melanie McAleer on a point blank bid with time running out in the period.

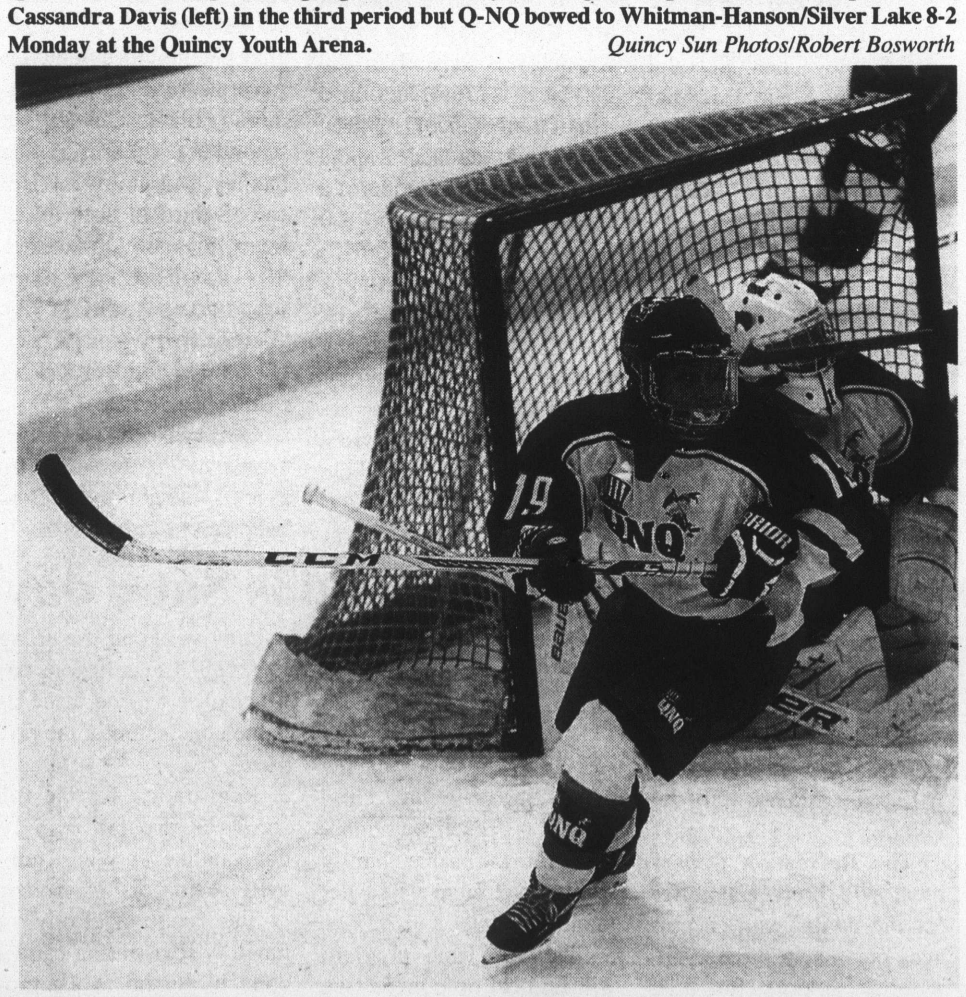
"We had maybe three or four girls who were giving a consistent effort, but you need that from everybody to beat a good to team - to beat any team," said Craig. "We don't have a ton of depth. If we don't have everybody going we're in trouble."

The Panthers went up 3-0 1:57 into the second when Alyssa Murphy got her stick on a rebound in front of Beal and beat her upstairs with a wrist shot.

Beal followed with a pair of sprawling saves before Quincy/North Quincy got on the board. Crone made the save on a shot by Meghan Greene and McLaughlin was right there to flip home the rebound to cut the lead to 3-1 with 10:11 left in the period. It became a three-goal advantage for the Panthers less than a minute later when McAleer lit the lamp with a wrist shot to Beal's

Cont'd On Page 19

QUINCY-NORTH QUINCY got goals from Riley McLaughlin (right) in the second period and Cassandra Davis (left) in the third period but Q-NQ bowed to Whitman-Hanson/Silver Lake 8-2 Monday at the Quincy Youth Arena. *Quincy Sun Photos/Robert Bosworth*



JUNIOR FORWARD Chynna Staco looks up ice after the puck is cleared from the Quincy-North Quincy defensive zone against Whitman-Hanson/Silver Lake.

QUINCY LACROSSE ASSOCIATION

Calling all Quincy girls and boys!

Registration for the Spring 2017 Lacrosse season is NOW OPEN!

Whether you're a Quincy lax veteran or a newcomer looking to expand your athletic range, here's your chance to play the fastest sport on two feet!!

Registration must be completed by January 31, 2017 to receive the low rate quoted below, and can be completed by going to **www.quincylax.uslaxteams.com**

Prices*:

Current 5th thru 8th graders = $162

Current 3rd thru 4th graders = $107

Current Kindergarten thru 2nd Grade = $45
(extended registration until February 28, 2017)

*All additional siblings registered will take $25 off the base amount of their registration.

**There is a mandatory additional fee of $30/player to register with US Lacrosse (covers insurance)

Any questions???
Please reach out to quincylax06@gmail.com

WALK-IN REGISTRATION

SATURDAY, JANUARY 28th
10AM-NOON
The Quincy Youth Hockey Arena
60 Murphy Memorial Drive

NQ Girls Hoop Sinks Plymouth South, Scituate

Cont'd From Page 15

second quarter.

"What a gutsy performance by Remy. Her drive to win is just incredible. Her coming back, even not at 100 percent, gave us a big lift," Bregoli said.

North increased its lead to 8 points as captain Kerin Coleman, Caldwell, Hallisey and Aucoin all scored while Hallisey shut out Andrews. Celia and Olivia Hussey, both junior forwards, also gave the Raiders quality minutes in the second frame.

The Andrews sisters, Brandi and Tesa, both found their range in the third scoring 8 points between them. But Butka was North's answer as she hit for 8 points herself, including two huge three pointers while Caldwell and Aucoin dominated the boards, limiting the hosts to one shot per possession.

Aucoin got untracked offensively scoring 7 of her 8 points in the last stanza. Senior guard Karyn McEvoy sealed the win with four big free throws in the final two minutes while Hallisey hit a big baseline jumper to give North their final 12 point cushion in the 43-31 win. Butka led North with 10 points while Aucoin had 8 with 14 boards. Hallisey netted 8 while Caldwell finished with 6 points and 7 rebounds.

Playing only their fourth home game of the season, North hosted the Scituate Sailors last Friday night and came away with a heart stopping 39-35 victory. Using the same ingredients, the Red Raiders got big efforts up and down the roster.

The visitors jumped out to a quick 8-2 advantage before the hosts put the clamps on the Scituate offense. Meanwhile, two free throws by Coleman and baskets by Caldwell and Hallisey pulled North to within 2 after one. Hallisey again drew the toughest defensive assignment holding the Sailor's Melanie Stewart without a basket until the second quarter.

However, North trailed 18-16 entering the second half. Butka, who finished with a game-high 11, had 5 in the half while McEvoy added 3. It was a big three-point field goal by McEvoy that got the Raiders to within one entering the final quarter.

In the fourth, the game turned on back to back plays. First, McEvoy drained another three and then Coleman picked the pocket of Scituate's point guard and went in alone to give North a three-point lead. Aucoin then delivered two big baskets to increase the lead. But it was a dribble drive layup by Butka who was fouled and converted the three-point play that gave the Raiders some breathing room.

However, the play of the game may have been an offensive rebound by Caldwell off a missed free throw, giving the hosts the ball with little time remaining. McEvoy finished with 9 with Coleman and Aucoin with 6 each. Aucoin also pulled down 10 rebounds.

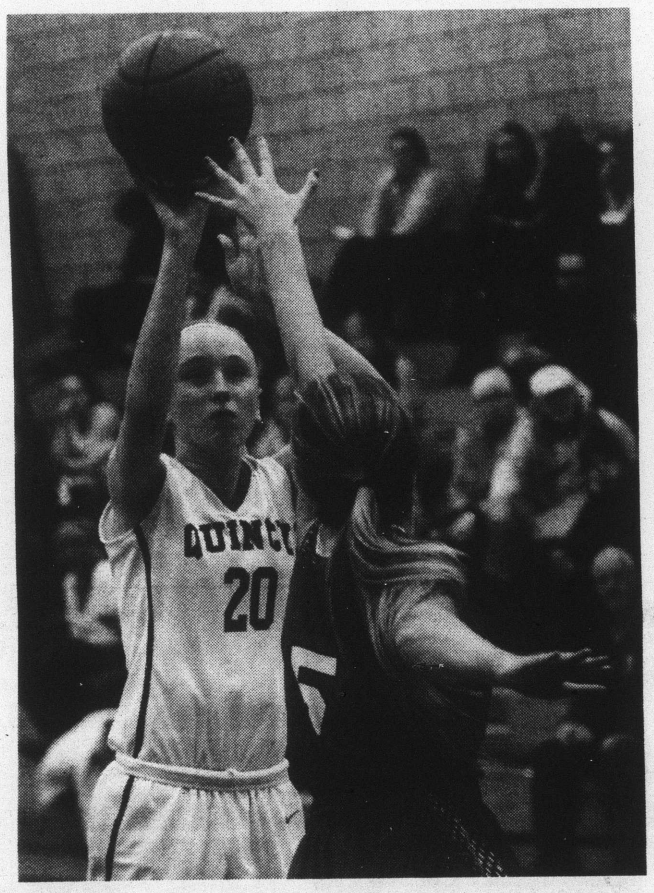
"The kids really dug down and found a way to win this game," Bregoli said. "They were creative and just played basketball. We had a bunch of big plays down the stretch by a lot of different players; a total team win. And, our defense was just outstanding.

"Scituate has been in the 50s and beat Quincy a few weeks ago, so this was a huge win for us," Bregoli said. "This could be the turning point as the kids are believing in themselves and are learning what it takes to win."

The Red Raiders host Pembroke Friday night at 7 p.m.

JUNIOR FORWARD Jessie Caldwell scores a basket in North Quincy's 39-35 win over Scituate last Friday night. Caldwell also had a key offensive rebound off a missed free throw with little time left in the fourth quarter.

Quincy Sun Photo/Robert Bosworth



FRESHMAN FORWARD Ally McMorrow scored a team-high 21 points – including 3 three-pointers – but the Quincy Presidents bowed to Duxbury 57-49 last Friday night. Sophomore guard Gia Calabro had 13 points and 8 rebounds and junior point guard Liana Cunningham tossed in 10 points for the Presidents. Quincy led 26-23 at the half and 39-36 after three quarters. Duxbury was 23 for 37 from the free-throw line including 12 of 15 in the fourth quarter. Quincy hosts Whitman-Hanson Friday at 6:30 p.m.

Quincy Sun File Photo/Robert Bosworth

Q-NQ Swimming/Diving Vs. Hanover

Seniors Thomas Tran (Q) and Jian Kun Zhang (NQ) each won a pair of individual events but it was not enough as the Quincy/North Quincy boys swimming and diving team (1-4) still fell 88-75 to visiting Hanover, Jan. 12 at the Lincoln-Hancock Pool in Quincy.

Hanover defeated Quincy girls (0-5), 56-45, and North Quincy girls (0-4), 56-35.

Zhang, the QNQ captain, touched the wall first in both the 50-yard freestyle (23.44) and 100 breaststroke (1:03.41) while Tran won the 200 freestyle (2:11.90) and 100 butterfly (1:04.22). The duo joined freshman Brendon Lee (NQ) and sophomore Kenny Ng (NQ) for second in the 200 medley relay (1:56.50) then teamed up with sophomore Kevin Warner (Q) and Ng for second in the meet's final event, the 400 freestyle relay (3:53.96).

QNQ came within three points of Hanover after sweeping the 50 freestyle spearheaded by Zhang and followed by Ng (25.50) and Warner (27.06) who finished second and third, respectively. In twice the distance, Warner clocked 59.94 for third, and joined Ng, freshman Stanley Chen (NQ) and sophomore Adam Tlacxolal (NQ) for second in the 200 free relay.

Senior Bailee Carey amassed 234.22 points, just missing first place by over two points, to help the Quincy girls team in the one-meter dive competition. In nine of 12 scores, Carey was awarded six or higher, including one eight.

Junior Tammy Ma prevailed in the hard-fought 100 breaststroke (1:25.56), was second in the 200 individual medley (2:50.06), and joined senior Kayla Ahrens, junior Julie Hong, and Carey for second in the 200 medley relay (2:23.44).

The 200 free relay (2:01.75) also captured second thanks to senior Emilia Kapcia, freshman Alison Cahill, sophomore Eni Daci and Carey. On her own, Kapcia was second in the 200 free (2:27.44) and third in half the distance (1:08.84). Cahill out touched Kapcia by three one-hundredths of a second for silver in the 100 free and earned third (30.13) in half the distance. Ahrens was second in the 100 back (1:28.47), and Julie Hong placed second in the 500 free (7:10.37).

For North Quincy girls, freshman Amaryllis Gu earned second in the 200 freestyle (2:36.12) and was awarded first in the 100 breaststroke (1:28.91). She then swam in the very next race, the 400 freestyle relay, with teammates senior Stephanie MacFarland, junior Julia Klincewicz, and junior Brenna Kirby for first with a time of 4:56.57. Two events prior to that, Kirby won the 100 backstroke swimming 1:29.79 after placing third in the 100 freestyle (1:13.20). Sophomore Juliana Chieng was second in the 200 individual medley, and junior Ina Hoti earned third in both the 50 free (30.41) and 100 butterfly (1:25.19). Chieng joined sophomore Anastasia Zygouras, Kirby and Klincewicz for second in the 200 medley (2:24.52).

Quincy/North Quincy swims at Pembroke at the Percy Walker Pool in Duxbury today (Thursday).

VOICE FOR HEALTH

by Dr. Gabrielle Freedman
Chiropractor

A ROUNDED BACK

"Kyphosis" is the term used to describe a curvature of the upper spine that results in an abnormally rounded back. Kyphosis can occur at any age and may be caused by muscle weakness in the upper back, arthritis, osteoporosis, scoliosis, spinal injury, "slipped" discs, or certain diseases. The most common form of kyphosis is "postural kyphosis," which is often caused by slouching. This type of kyphosis usually becomes noticeable during adolescence, when early diagnosis and treatment are recommended. By realigning vertebrae and building strength and flexibility in affected muscles and ligaments, chiropractic treatment strives to avert body-image problems and pain. Treatment may also help avoid breathing and eating difficulties associated with severe cases of postural kyphosis.

A chiropractor can determine the exact cause of your kyphosis and develop a treatment plan for you based on what's causing it. He or she will teach you exercises that can help you manage symptoms. Chiropractic care is an important tool that helps you get back to enjoying life. Beyond reducing pain, spinal adjustments enhance the ability of your nervous system to function at an optimal level. To schedule an appointment, please call **FAMILY PRACTICE OF CHIROPRACTIC** at **617-472-4229**. Our practice is located at **112 McGrath Hwy., Quincy.**

P.S. If you catch yourself pitching your head forward as you work at a computer and keyboard, you might want to schedule a visit to the chiropractor for an assessment of your posture.

www.freedmanchiro.com

Parent & Tot Recreation Program Begins Saturday

The Quincy Recreation Department announces a Parent & Tot recreation program scheduled for six Saturday mornings beginning Jan. 21.

The Tot Time program will be conducted at the Fore River Clubhouse on Nevada Road in Quincy Point from 9:30 to 11:30 a.m. and is open to children age 2 through those not yet enrolled in kindergarten. The department will provide age appropriate toddler play equipment and gym mats with leaders to guide play.

Parents or guardians are required to remain at the facility.

The Recreation Department will brew hot coffee for the adults, and encourages parents to provide appropriate snacks for their own children.

The cost for the full six week program is $25 and $10 for each additional child in the same family with a $40 maximum. If paid weekly at the program, the cost is $5 for the first child and $2 for each additional child in the same family with a maximum of $8 per family per week.

The Tot Time program will be held on consecutive Saturdays with no program held on Presidents Day holiday weekend, Saturday, Feb. 18th. Cancellations due to weather will be made up at the conclusion of the program.

Registration for the full six week program can be done online at www.QuincyRec.com or in person at the program. Daily or monthly registration can be done in person at the program. Call (617) 376-1394 for more information.

Quincy Icemen Fall To Cohasset 6-1; Seek Consistency

By TOM JOYCE

Even though the results are not quite there, it is not a reason to count them out.

The Quincy High boys hockey team, which is 2-6-1 this season, is not playing their best stretch of hockey. The team has dropped back-to-back contests which includes a 6-1 loss to Cohasset on Monday morning at Rockland Ice Arena.

After the loss to Cohasset, Presidents head coach Ted Walsh was not too happy with the overall team performance.

"We were once again outcompeted for three periods," he said. "We have good practices, but they're not translating. We're not playing like we practice. We're an easy team to play against. We're not tough to play against.

"There's not a lot of heart right now," he added. "That's all internal stuff. As soon as the locker room wants to take control of itself and they start playing with some heart and effort, we're going to be fine. Right now though, we're just not showing it. Not quite sure why."

Walsh reiterated he had not been pleased with the way his team had competed lately. But in saying that, he was not discrediting his team's talent. In fact, the reason he was frustrated is because he sees his team as capable.

"We should be winning hockey games," he said. "We have the pieces. But our compete level is low. We're not a tough team to play against."

Outscored 11-1 in their last two contests (including a 5-0 loss to Plymouth North on Jan. 11), Walsh had a tough time picking out any positive aspects from his team's play, nor would he comment on which specifically players he thought were playing particularly well.

"I never like to individualize things in a team sport," he said. "You're either playing well as a team or you're not. Right now, our best players are not playing their best. And that's the difference."

Walsh did say when looking at talent on his team, his seniors are among their most capable players. Among his senior class, there are four captains: defenseman Owen Lynch and forwards James O'Leary, Pat Quirk and Shamus McBride. Goaltender Thomas Puglesy, who also started in net last season, is another senior on the team. Forwards Sam McGahey and Mike Tervaokosky plus defensemen Josh Campbell and Josh Rodriguez round out the senior class.

Sophomore defenseman Griffin Lynch and sophomore forward A.J. Curie, who played for cross-town rival North Quincy last season, are both in their second seasons as varsity contributors who see regular ice time.

Once place Walsh said his team has excelled this year is in practice.

"What we practice is not translating to the games," he said. "But when it does, I think we'll be OK. We're not quitting by any means. I'm hoping the players don't either since we still have a long rest of the season and could still have a positive year."

"That's the most disturbing part is when we work these compete drills in practice and they don't translate to games," he added. "That's frustrating as a coach."

Albeit Walsh said his team has not strung together excellent play as of late, he said he has definitely seen flashes of their potential.

"There's periods where we do play well," he said. "We just haven't really sustained anything since the Silver Lake game. We haven't sustained three full periods of competitive hockey since then."

"I am very optimistic though," he added. "We can teach it. We can coach it, but it has to translate in the game."

The Presidents host Plymouth North Saturday at 6:40 p.m. and Scituate Monday, Jan. 23 at 3 p.m. Both games are at Quincy Youth Arena.

More QNQ Girls Hockey Photos: www.TheQuincySun.com (galleries)

QUINCY-NORTH QUINCY senior forward Riley McLaughlin (center) passes the puck to senior forward Kate McGahey during Monday's game against Whitman-Hanson/Silver Lake at Quincy Youth Arena. *Quincy Sun Photo/Robert Bosworth*

NQ Hockey Ties Pembroke

By TOM JOYCE

Albeit they graduated a strong class of seniors and are low in numbers, the North Quincy boys hockey team has found ways to be competitive yet again this season.

Through nine games, they were 3-3-3 which gave them nine points in the standings and put them on pace to make the postseason as teams need 20 points in the standings through 20 games for a playoff berth.

"That's the goal every year," Red Raiders head coach Matt Gibbons said. "In the past, we've gotten better and better as the season has gone along and we're always a tough team in the tournament. We don't go one-and-done. They're going to be a tough out. We've got to win this week though, and pick up those two points."

The Red Raiders hosted Brockton Wednesday at 7 p.m. and play Silver Lake at home Saturday at 8:30 p.m. Both games are at Quincy Youth Arena.

Gibbons noted he is pleased with his team's competitive drive this season.

"This group of kids is extremely coachable, from top to bottom," he said. "It's a tribute to these guys. They work extremely hard whether it's practice or games. It's been really fun to work with them and keep this thing going."

Last Saturday night, the Red Raiders played the Pembroke Titans to a 4-4 tie which was a clear improvement over its 4-1 loss to the Titans earlier in the season – on New Year's Eve.

"That's a team that beat us up a couple weeks ago, so to be able to come out here and almost win it at the end, it shows we played pretty well," Gibbons said.

This time around, senior forward Hunter Phillips led the Red Raiders with two goals. Sophomore forward Kieran O'Driscoll, who also had an assist, added a goal, as did junior forward Connor Donaghey. It was Donaghey first career varsity goal.

"It's kind of been challenging for us to get other kids to step up and score because Austin (Lee) and Hunter have been awesome," Gibbons said. "They've been go-to guys, getting points every night when we need them. Without those guys, we'd be at a loss right now. They score big points when we need them. They play really, really well"

Senior defenseman Kevin McDonald and senior forward Austin Lee added two assists apiece in the tie.

This season, McDonald is the team's lone returner who saw significant action on defense last season. But Gibbons said Donaghey has stepped into a major role and has played it well; junior John Norton, who was a forward last season, has looked good on defense, and freshman Cormac Flaherty has taken on a significant role defensively.

"We're throwing these guys into the fire and they've been doing really well," Gibbons said. "That's where it's been most impressive, on defense."

This season, the Red Raiders gained four incoming freshmen, an eighth grader, a transfer student and a few players who had not played hockey in recent years. Still, they are not the deepest team. But the additions have helped alleviate their depth woes.

"Since we're so low in numbers, some of these guys came out," Gibbons said. "I don't know if they would have if we weren't in this spot. A couple of those guys have really helped us out. It's been fun."

One such example of a player coming back would be junior forward Ryan Cox, who Gibbons said now plays every third shift despite not playing hockey last season.

Gibbons also said he was impressed with how senior goaltender Derek Bille, who recorded 23 saves against Pembroke, has performed in his first year as a varsity starter.

"He's been looking at this the past couple years," Gibbons said of Bille. "He was behind Kevin Doherty and now it's his team and he's been awesome. He's been awesome. He's kept us in games, like he did tonight. For him to make a couple of those saves he did was big."

QNQ Hockey Bows To W-H/SL

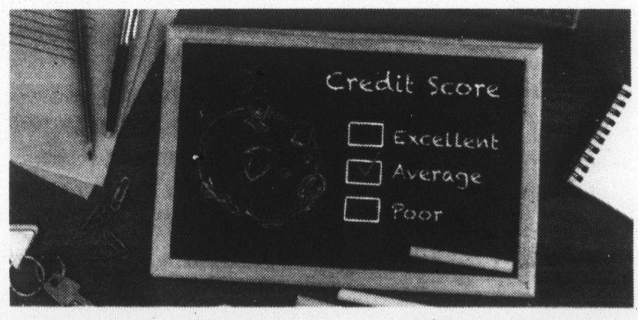
Cont'd From Page 17

glove side for a 4-1 bulge.

The Panthers continued to pepper Beal, putting six more shots on her in the period. She saved all but a slap shot by Murphy on a screened shot that put the Panthers up 5-1. "She played well," Craig said of his goaltender. "It could have been worse. We're going to face adversary plenty of times this year. We have to focus on what we need to do to get better and not getting penalties and letting things get away from us."

The game got out of reach in the third as two more tallies made it 7-1. Davis, who was rushing the net the entire contest for Quincy/North Quincy, got one back when she broke in close with 6:35 left and beat Crone with a one-timer and a 7-2 score. The Panthers added one last goal with 1:56 left and it was Q/NQ who dominated in the final two minues as Crone made stops on strong bids from Kate McGahey and Whalen.

"We're still in good shape, but that was a good measuring stick today and I don't think we played as hard as we need to," said Craig.



Credit and Your Responsibilities

Presented by Quincy Credit Union

Thursday, January 19, 2017
2:30 PM
Location: D3 Group Construction Room

Quincy Credit Union

Free to Quincy High School students, faculty, and parents.

NCUA MSIC

A Job Well Done

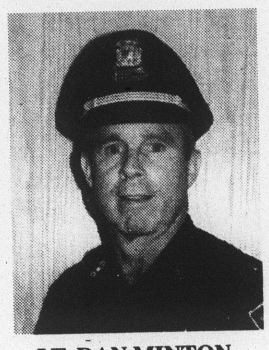
By QUINCY POLICE LT. DAN MINTON

On Sunday, Jan. 1, 2017, at approximately 2:15 a.m., Officer Daniel Parisi and his K9 partner Rom along with Officer Michael Brokmeier were dispatched to the China Restaurant on Hancock Street for a report of an unwanted party.

Officer Brokmeier arrived on scene and immediately called for an additional unit to respond to assist him. While he was broadcasting this request for assistance, in the background noise a male voice clearly could be heard yelling over the radio at the Officer. Officer Eric Sorgi also responded to the restaurant to provide assistance.

As Officer Parisi pulled up to the scene, he saw Officer Brokmeier confronting a male on the sidewalk in front of the restaurant. There was a small crowd of patrons (approximately 12) formed up directly in front of the establishment blocking the sidewalk and entrance way watching this male's vulgar tirade. The large unobstructed windows at the front of the restaurant were filled with patrons who were congregating around them watching the scene unfold. Two females were sitting in their car watching the events unfold directly in front of them but were blocked in by traffic caused by motorists who stopped to watch.

Officer Parisi recognized the manager of the restaurant who was also outside attempting to get paid for the services that were rendered to the male. Officer Brokmeier was informing the male to lower his voice, pay his bill and leave the premises; however, these requests were met with shouting and yelling, called the two officers "maggots." As Officer Parisi moved in closer, he instantly recognized the male from a previous call where he and his girlfriend were unwanted at a home. At that call, the male was sent on his way but not before causing a scene in front of another resident by referring to that resident and the officers again as "maggots" mixed in with other obscenities.



LT. DAN MINTON

Back at the China Restaurant, the male continued his vulgar tirade and refused to leave even after being given several warnings. Seeing that the male was not going to stop, Officer Parisi advised the male that he was under arrest for disorderly conduct and stepped in to handcuff him. As one handcuff was applied to the left wrist, the male immediately tightened up, locked both his elbows and refused to place his hands behind his back.

When the male pulled forward we guided him to the ground where he now began to violently resist and tucked his left arm under his body to prevent apprehension. He then began to kick and struck Officer Brokmeier in the shin. The male was strongly advised that if he did not stop resisting the K9 dog would be brought in to assist in completing the arrest. The male at this point succumbed and was transported to the Quincy Police station for processing.

The male, a 42-year-old homeless person, was charged with disorderly conduct, assault and battery on a police officer, assault and battery to wit shod foot and resisting arrest. At the time of the assault the male was wearing brown Timberland work boots with a heavy thick rubber sole. These boots were taken into evidence for court purposes.

Nice Work!

❑

DON'T DO THIS! Much too often as Police Officers we hear parents say to their young children, "If you don't behave, that police officer is going to arrest you."

Many officers tell me of their encounters which often happen in grocery stores. When I quietly tell the parent that this is the wrong message to send, he/she will say that they were only kidding.

When a child goes missing or is lost, we want the child to come towards a police officer for help, rather than hide or flee, so that we can return them quickly and safely to their parents.

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Dec. 31 – Jan. 13
ARRESTS: 22
TOTAL CALLS: 992
STOLEN MOTOR VEHICLES: 0

SATURDAY, DEC. 31

LARCENY, 9:31 a.m., Sullivan Tire, 1132 Hancock St. Tires overnight.

LARCENY, 12:46 p.m., Stop & Shop, 65 Newport Ave. Over $400 in groceries. Holding in loss prevention. Party trespassed. Complaints.

LARCENY, 2:48 p.m., Algonquin Rd. & Sea St. Medication. See caller in police lobby. Person was not in the lobby and was unable to be located at this time.

VANDALISM/PROPERTY, 11:17 p.m., Fort St. & School St. Male in black vehicle broke cab driver's window. Vehicle pulled into 7-Eleven. One arrest under for malicious damage.

SUNDAY, JAN. 1

BREAKING AND ENTERING IN PROGRESS, 2:54 a.m., Brackett St. Caller can see a male wearing a hoody breaking into the door by the garage. Male had a crowbar.

BREAKING AND ENTERING, 3:54 a.m., Taffrail Rd. Dwelling.

VANDALISM/PROPERTY, 11:11 a.m., Stop & Shop, 495 Southern Arty. Loss prevention out with customer who states their tires were slashed in lot. Unable to view registration of suspect vehicle or view actual crime occurring.

MONDAY, JAN. 2

LARCENY, 6:38 a.m., Copeland St. Caller states two individuals took her cellphone. She says they are currently in the basement of the building, and they possibly have warrants out for their arrest. Arrest made.

LARCENY, 9:09 a.m., Fr. Bill's Place, 38 Broad St. Phone and medication.

VANDALISM/PROPERTY, 10:30 a.m., Rawson Rd. Caller states someone slashed tires. Vehicle is an Infinity SUV.

LARCENY, 1:43 p.m., Beechwood Knoll, 225 Fenno St. Child came into YMCA and reported his cellphone was stolen from BK School. Officer sent over to check area; no kids except for elderly grandmother and her 4-year-old. Officer will check surrounding area and parks for young teenage kids who may have been involved.

BREAKING AND ENTERING, 4:10 p.m., Edward's Ln. Caller last saw items a week ago. Just noticed missing today.

LARCENY, 8:41 p.m., Beale St. Caller said an employee stole a bunch of tools from him over the last month or two. Party also stole some items from a job site on Franklin Street.

ARMED ROBBERY, 8:58 p.m., Atlantic St. Black male, in all black, headed toward Wollaston Beach. Had a black gun. Skinny, 150-160 pounds, in his early 20s. Had on a mask. Victims were getting out of the car. Suspect took wallet and pocketbook. Female was punched in the face. Happened 30 minutes ago.

TUESDAY, JAN. 3

BREAKING AND ENTERING, 8:32 a.m., Taffrail Rd. States someone broke into apartment, stole keys to rental car, car is gone.

LARCENY, 12:14 p.m., Water St. IDs and meds last seen five days ago. Lorazepam, Adderall, Zofran, levothyroxine, Trazapan all missing.

LARCENY, 3:29 p.m., Town Hill St. Two computers.

BREAKING AND ENTERING IN PROGRESS, 10:26 p.m., Water St. Reports his mother is at the apartment; told her son that males were standing outside. He wants to make sure his mother is OK. One male, one female under arrest for unarmed burglary. One suspect also under arrest on warrant.

WEDNESDAY, JAN. 4

VANDALISM/PROPERTY, 11:26 a.m., Newbury St. Caller has suspect info. Egg thrown on car. No suspect info.

BREAKING AND ENTERING, 2:56 p.m., 73 Bicknell St. Dwelling.

VANDALISM/PROPERTY, 4:07 p.m., 194 W. Squantum St. Two tires slashed sometime today.

ASSAULT AND BATTERY, 5:10 p.m., Global Partners Realty, 24 Brook St. Occurred inside of business. Report filed and complaints.

VANDALISM/PROPERTY, 6:27 p.m., 80 Presidential Dr. Passenger side rear scratches. No suspect info.

LARCENY, 6:40 p.m., 100 Bigelow St. Came home to find door unlocked and mail missing. Package taken off porch. No B&E.

LARCENY, 11:12 p.m., Grossman St. Caller states she was in her room at 8:45 p.m., and she heard the front door open. Now that she is looking for her computer, it is gone. Roommate suspected. Not a break.

THURSDAY, JAN. 5

VANDALISM/PROPERTY, 2:43 p.m., Fr. Bill's Place, 38 Broad St. Unwanted female guest refused entry, kicked door. Complaint submitted for malicious damage over. Taken into custody on last half for this offense.

LARCENY, 6:15 p.m. US Gas Auto Service, 6:15 p.m., 588 Adams St. $25 worth of gas. Incident happened around 3 p.m. Female didn't have money for gas and said she would be back. Car lists back out of Lyons Street and is revoked for insurance. One party under arrest on warrant, also charged with larceny.

LARCENY, 7:36 p.m., Planet Fitness, 50 Adams St. Someone stole wallet while at gym.

FRIDAY, JAN. 6

BREAKING AND ENTERING, 5:50 p.m., 73 Bicknell St. Wallet taken.

LARCENY, 6:32 p.m., Arlington St. Two packages stolen.

VANDALISM/PROPERTY, 7:24 p.m., Sterling Middle School, 444 Granite St. Caller said her son's shoes were peed on and thrown in the snow. The other kids were waiting to jump her son after school. Caller said she was contacted by school and was told school resource officer would be looking into it but she would like to talk to a police officer now.

LARCENY, 9:46 p.m., BJs, 200 Crown Colony Dr. Shoes. Craigslist transaction. Person has no other information and doesn't want to pursue anything at this time.

SUNDAY, JAN. 8

VANDALISM/PROPERTY, 12:42 p.m., 447 Southern Arty. States her car was damaged during snow tow. Previous damage/advised.

LARCENY, 2:43 p.m., Quincy Gas, 451 Quincy Ave. Money clip with face of a penny.

MONDAY, JAN. 9

LARCENY, 11:47 a.m., Miller Stile Rd. Excavator. Happened in Woburn.

ASSAULT AND BATTERY, 8:37 p.m., Darcy's Village Pub, 93 Willard St. Male passed out at bar. Brewster notified. One arrested for disorderly and A&B on a police officer. Use of force report to be filed.

TUESDAY, JAN. 10

VANDALISM/PROPERTY, 8:51 a.m., Narragansett Rd. White female in dark jacket. Blonde with ponytail, headed toward beach. She was in neighbor's yard. Pulled mailbox off house and Christmas lights. Arrest made.

BREAKING AND ENTERING, 2:15 p.m., Common St. Xbox and laptop stolen.

ARMED ROBBERY, 5:39 p.m., Chipotle, 68 Newport Ave. Male had a syringe and wanted the money. Left southbound on Newport. White male, 5'10", 180 pounds with beard. Attempted robbery, nothing was taken.

LARCENY, 11:45 p.m., Euclid Ave. An order from Amazon was stolen from the front porch.

WEDNESDAY, JAN. 11

VANDALISM/PROPERTY, 7:43 a.m., Town Hill St. Caller reports her tire and neighbor's tire were slashed. No suspect info.

VANDALISM/PROPERTY, 9:27 a.m., 135 Quincy Ave. Racial slur was written on door. No suspects.

VANDALISM/PROPERTY, 11:09 a.m., Charles St. Storm window ripped off. Checks OK. No B&E. Having problems with tenant.

LARCENY, 2:08 p.m., Hancock Park, 164 Parkingway.

Cont'd On Page 21

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Monday, Jan. 9, at approximately 8:37 p.m., Officers Mark Millane, Daniel Francis and Christopher Bulger were dispatched to Darcy's Pub on Willard Street for a person passed out at the bar.

Officer Millane arrived first and was directed by the bartender to a person sitting at the bar asleep on a stool. The officer observed this male open his eyes briefly and then close them. He did this numerous times while bobbing back and forth on the bar stool.

Officer Millane tapped the male on the shoulder a few times and then the male opened his eyes and said, "What the f@#$ is the problem?" When asked if he was okay, the male said, "What the f@#$ is your problem?"

The Officer detected a strong odor of alcohol coming from the male's breath. At this time Officers Francis and Bulger arrived on scene. Officer Millane asked the male where he lived so that he could get him safely home and the male responded, "Dorchester." When asked where in Dorchester, the male said, "I don't know."

The officers told the male they would get him a taxi to bring him home but they needed a specific address. The male again said, "I do not know where I live." He then turned to Officer Millane and repeatedly said "F@#$" with the second word inaudible. It was clear the male was intoxicated and it was difficult to communicate with him on a rational level.

The male then said, "I'm alright and want to go home." He got up off the bar stool and attempted to walk outside the bar.He was staggering and almost fell down so the officers stood in front of him and told him that he couldn't walk the streets in his condition and that an ambulance was on the way to medically evaluate him.

LT. DAN MINTON

The male said, "I don't need to be looked at by anybody and want to go the f@#$ home." Minutes later, Brewster ambulance X-Ray #4 arrived on scene and evaluated the male and medically cleared him. Officer Bulger reiterated the questions Officer Millane asked about the male's address and after a few minutes, the male provided a specific address. A taxi responded to the bar and when it arrived, the male said, "I don't want a f@#$%^& cab. I want to walk home."

The officers attempted to convince the male that it was very cold outside and since he had no jacket or coat it would be better for him to take the taxi home. The officers attempted to get the male into the taxi but he refused. Concerned for his inebriated state, weather conditions and potential to cause additional problems, the officers concluded that if the male didn't take the taxi, then he would be placed into protective custody for his own safety and that of the public.

The officers directed the male to the sidewalk area to get him into the taxi. The male turned to the officers and said, "What the f@#$ is your problem?" At this time, there were people coming out Darcy's and Officer Francis directed them to walk around. As these people were walking by, the male began swearing loudly. As the male began climbing into the taxi, he turned toward Officer Millane, put his finger in the officer's face and said, "Your better not f@#$ with me because I will kick you're a$$."

The officers sternly told the male to get into the taxi and leave. He again put his finger in Officer Millane's face and started swearing at him. He then threatened the officer by saying, "I am going to kick you're a$$ and f@#$ you up" as he pushed Officer Millane aggressively in the chest with his two hands.

The male was advised he was now under arrest and he responded by throwing a jab at Officer Millane which struck him in the left jaw. Believing the male was intent on further assaulting the officers, they brought the male away from the taxi where they attempted to handcuff him. He resisted being placed under arrest, swinging his arms at the Officers as he yelled profanities at them.

At this point, Officer Francis pulled out his department issued baton and gave the male two strikes with minimal force to his pelvis area. The male continued to strike out at Officer Millane so Officer Francis gave him one more strike with minimal force to his rib area. Officer Millane was able to get one handcuff secured on the male's wrist while Officer Bulger was able to get the other one on.

The male, a 41-year-old Dorchester resident, was placed under arrest and charged with assault and battery on a police officer, disorderly conduct and resisting arrest.

Nice Work!

QUINCY POLICE CRIME PREVENTION JOURNAL

Cont'd From Page 20

LARCENY, 7:52 p.m., Home Depot, 465 Centre St. Tools taken by employee. Arrest made.

THURSDAY, JAN. 12

LARCENY, 8:10 a.m., Cleverly Ct. Package. Package was lost and not stolen. Advised.

BREAKING AND ENTERING, 11:19 a.m., French St. Dwelling.

LARCENY, 12:53 p.m., 23 E. Elm Ave.

ASSAULT AND BATTERY, 1:22 p.m., Jackson St.

LARCENY, 4:40 p.m., Arlington St. Rent checks taken from mailbox, and not by landlord.

ASSAULT AND BATTERY, 6:46 p.m., Mansfield Beauty Academy, 200 Parkingway. Caller states she had a verbal argument with another employee and was punched in the face earlier today.

FRIDAY, JAN. 13

ARMED ROBBERY, 12:01 a.m., Newbury Ave. States his father came home and was robbed by a black male. Took $200. Unable to ascertain where it occurred, but it happened in Quincy. Light-skinned black male, with brown puffy jacket and medium length hair, fled up Hollis Ave. after showing handgun and stealing cash.

BREAKING AND ENTERING, 5:16 a.m., Fat Cat, 24 Chestnut St. Caller arrived at restaurant to open up and saw someone run out. The person's face was covered so he was unable to provide description. Also unable to provide direction of travel. Only further description is green jacket. Was masked as previously reported.

LARCENY, 6:12 a.m., 29 Hancock St. Hotel guest claiming something was taken from room.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: None.

❑

CAR BREAKS: 50 Adams St., Weston Avenue, Heritage Drive, 400 block Sea Street.

❑

BREAKS AND ATTEMPTED BREAKS: French Street, Common Street, Bicknell Street, Edward's Lane, Taffrail Road.

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug Hot-Line at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

QUINCY ANIMAL SHELTER

56 Broad Street, Quincy • 617-376-1349
quincyanimalshelter.org

IN-SHELTER ADOPTION HOURS
TUESDAY and THURSDAYS 6:00 to 8:00 pm
SATURDAYS 10 am - 4 pm

Adoption fees include initial vaccinations and Spay/Neuter as needed. 100% volunteer run, new volunteers always needed.

FOR LOST or FOUND ANIMALS call ANIMAL CONTROL at 617-376-1364

AVAILABLE CATS

CC: 7, female, calico
Silvia: 6, female, gray & white
Laura: 3, female, black
Desi: 4, male, black & white
Buddy: 4, male, gray tabby
Midnight: 13, male, black
Miss Douglas: 3, female, gray tabby
Zoey: 12, female, tabby
Freto: 2, male, black

Homebuyers Workshop

NeighborWorks Southern Mass. is offering two-part workshops for first-time homebuyers in Quincy.

The first part of the course will be taken online; following completion of the online component, participants will attend an in-person class to be held at the Winter Gardens apartment complex (lower level community room), located at 45 Winter St. in Quincy.

In-person workshops will be held on the following dates:

- Saturday, Feb. 4: 8:30 a.m. to 12:30 p.m.
- Saturday, Feb. 18: 8:30 a.m. to 12:30 p.m.

The in-person workshop will give participants an opportunity to meet and hear from real estate brokers, attorneys and loan originators. Attendees also will have an opportunity to learn about NeighborWorks' down payment assistance programs and speak to a lender about different mortgage options.

The registration fee for the workshop is $20 per person. To register and pay online, visit www.nwsoma.org or call Patrice Fong at (617) 770-2227 for more information.

Book Signing Sunday At Kennedy Center

A book signing by retired EMT Kevin James O'Brien will be held at the Kennedy Center, 440 East Squantum St., North Quincy, on Sunday, Jan. 22 at 2 p.m.

A volume of three plays entitled Edgeworth Plays: The Oxford Ordinary, The Rose of Charles Street, and Wake Me tell the stories of the lives of Irish families in the neighborhoods of Boston.

In "Wake Me," O'Brien uses vivid, colorful language to develop his characters as they progress through a series of Irish wakes over a period of forty years. A local bar, "The Oxford Ordinary," is the setting for a cast of unforgettable characters who are visited by an attractive stranger with a mysterious mission which keeps them and the reader guessing. "The Rose of Charles Street" tells the story of the conflicts, loves and losses of two middle-aged sisters as they recall and try to recapture events of the past.

O'Brien will be available for questions and comments at the end of a selected reading. Refreshments will be served.

To attend this event call the Kennedy Center at (617) 376-1506 to register.

Quincy Police Adult Self Defense Program

Quincy Police will offer an Adult Self Defense Program Tuesday and Wednesday, Jan. 24th and Jan. 25th.

The two-night course will be held from 6 to approximately 8:30 p.m. at the Best Western Adams Inn, North Quincy.

This program is open to females aged 18 and up, 16 if with a parent/guardian. Attendance is required both nights because this is a progressive learning program.

There is no exam and no one is required to do anything that they do not feel comfortable with.

The first night involves learning strikes and blocks. The second night provides an opportunity to test your skills against an "attacker."

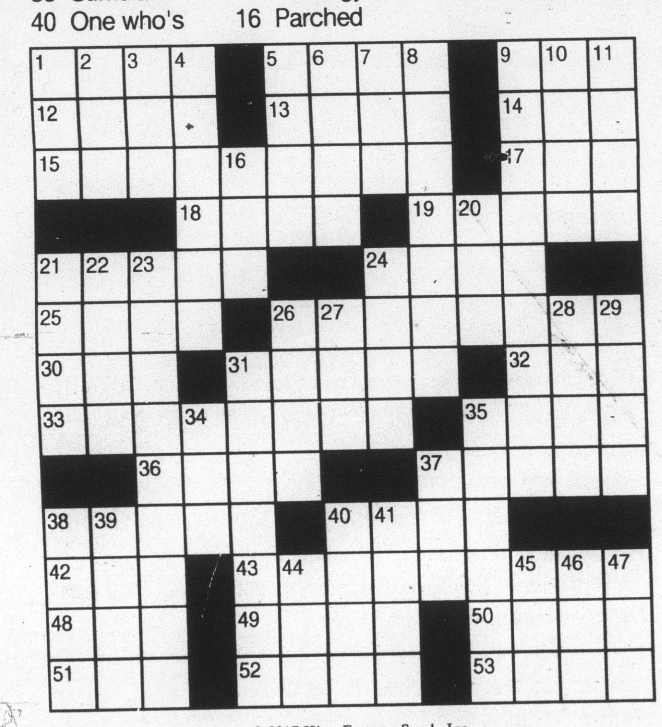
Bring a friend. To sign up or for more information, contact Lt. Dan Minton at 617-745-5719 or dminton@quincyma.gov.

SUN FUN PAGE

King Crossword

ACROSS
1 Aid
5 Verse
9 Wander about
12 Neighborhood
13 Fairy tale baddie
14 — de Janeiro
15 Coup in bridge or baseball
17 Moreover
18 Release
19 Patchwork horse
21 Mad
24 Roe provider
25 Golfer McIlroy
26 Haughty, strutting sort
30 Ms. Gardner
31 Bluefin and albacore
32 Oft-chanted initials
33 Round Table member
35 Smile
36 Transaction
37 Skin-covered craft
38 Stimulant
40 One who's gonna get it?
42 Address for 33-Across
43 Extensive treat for sightseers
48 Tackle the slopes
49 "— Lang Syne"
50 Ticklish Muppet
51 Tyrannosaurus —
52 Witnesses
53 Peruse

DOWN
1 Crone
2 Blunder
3 Meadow
4 Saute
5 Sit for a snapshot
6 Leer at
7 Historic time
8 Tennessee city
9 Courtroom group
10 "— That a Shame"
11 Old fogy
16 Parched
20 Author Fleming
21 Fast-shrinking sea
22 PBS science show
23 International auto race
24 Expectorated
26 Tug
27 Yoko of music
28 21-Down's continent
29 Tug
31 Anti-riot chemical
34 Bee follower
35 Type of snake
37 Tease
38 Cold War abbr.
39 Toll road
40 Revolutionary War hero Nathan
41 Tackles' teammates
44 Regret
45 Bullring bravo
46 Actress Thurman
47 Scepter



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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. House number is different. 2. Strap is missing. 3. Apron is different. 4. Shovel is smaller. 5. Headband is different. 6. Shovel is missing.

24 HOCUS FOCUS puzzles $3.50 • 24 Volumes • Order at: rbmamall.com

Trivia test

by Fifi Rodriguez

1. MOVIES: What animated movie featured "The Siamese Cat Song"?

2. TELEVISION: In the 1960s sitcom "Family Affair," what was the name of Buffy's doll?

3. GEOGRAPHY: Ardennes Forest in Belgium was the site of what major World War II battle?

4. HISTORY: What leading figure in America's Revolutionary War took the pseudonym "Poor Richard" in his earlier writing?

5. GENERAL KNOWLEDGE: What is the more common name for the flower whose scientific name is papaver somniferum?

6. BUSINESS: How long did the New Coke formula last after it was introduced in 1985?

7. LITERATURE: What mystery writer created the character of Kay Scarpetta, medical examiner?

8. ASTRONOMY: Where is the Lowell Observatory located?

9. FOOD & DRINK: What grated cheese is named for the capital of Italy?

10. LANGUAGE: What is a more common name for an apiarist?

Answers

1. "Lady and the Tramp"
2. Mrs. Beasley
3. Battle of the Bulge
4. Benjamin Franklin
5. The opium poppy
6. Less than three months
7. Patricia Cornwell
8. Flagstaff, Ariz.
9. Romano
10. Beekeeper

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Salome's Stars

ARIES (March 21 to April 19) The changes you've waited to see in your work situation might not be happening quite as quickly as you'd hoped. Although the pace is slow, it's ongoing. Expect to hear news soon.

TAURUS (April 20 to May 20) You should be feeling very proud of the fine effort you've made to get that important project done. Now take some time out to celebrate with family and friends. You've earned it.

GEMINI (May 21 to June 20) You're close to reaching your objectives. That's the good news. But be careful: Your aspects show lots of potential distractions looming. Stay focused and keep your eyes fixed on your goals.

CANCER (June 21 to July 22) Be careful not to let that suspicious Cancerian mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

LEO (July 23 to August 22) Your Lion's heart overflows with self-confidence. All you need to do is tap into it, and you'll be able to handle any change that must be made regarding that recent surprise development.

VIRGO (August 23 to September 22) The need to watch what you say becomes increasingly crucial this week. Be as temperate as you can with your comments and avoid arguments for the sake of controversy.

LIBRA (September 23 to October 22) A longtime family problem presents new demands. But this time, you won't have to go it alone: Someone else is asking to help share your responsibilities. Let it happen.

SCORPIO (October 23 to November 21) A period of feeling vulnerable is about to give way to a stronger, more self-confident aspect. Use this new strength to reaffirm promises you've made to others and yourself.

SAGITTARIUS (November 22 to December 21) A creative dilemma stalls your progress. Instead of letting it raise your ire, use the time to re-examine your aims and, perhaps, come up with a new target.

CAPRICORN (December 22 to January 19) Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay with it. The results will be well worth your efforts.

AQUARIUS (January 20 to February 18) You might feel overwhelmed at having to decide which new opportunity you should follow. Best advice: Check them all out and see which offers what you really want.

PISCES (February 19 to March 20) Continue to tread water before you even consider plunging into something that never seemed quite right. Some facts will soon emerge that can help you make a decision.

BORN THIS WEEK: You're a natural-born peacemaker. You value truth and have little patience with those who lie to you for their own purposes.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: I equals J

JF WQANML RTX IKXS GDNQRVNZJAMBZF DGSNL GKS GW GWWAYN. FGK JABVS YTZZ SVTS NZNYSAGM NINYSAGM.

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MAGIC MAZE ● ONE-WORD NAMES: MEN

K K H D A X U R P M R J G D A
X V S Q N K I F D A E X V T L
Q O M B J O H S F C L A Y O W
U R P O N L T E J H L F P D B
Z X V N T I R S C T E O R Q O
G E R O N I M O I N T M K I H
F D B G A E H Y I R I Z Y W V
T R Q T N O N O A B H R L K I
H E L E P F D H R N A C P C A
Z O N R A K U S X I N F W V U
V S R Q O S N O T I H F K A M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Akihito, Bono, Christo, Fabio, Geronimo, Hirohito, Nenê, Pelé, Prince, Sting, Suharto, Sukarno, Topol, Voltaire, Yanni

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Wishing Well®

6	7	8	5	4	6	5	4	3	5	2	8	5
S	E	S	F	F	T	E	U	T	E	S	U	L
3	6	7	5	4	2	6	3	6	8	7	4	7
U	A	N	I	R	T	Y	R	N	R	D	T	L
3	7	3	6	2	5	2	8	4	8	5	6	5
N	E	O	E	A	N	Y	P	H	R	G	U	S
6	2	7	2	6	5	4	6	2	5	7	5	8
T	A	S	C	R	A	E	A	T	R	S	E	I
4	3	6	5	4	5	2	7	5	8	4	5	8
R	N	L	H	E	I	I	S	G	S	D	H	E
4	7	3	4	8	3	4	8	7	2	3	7	2
U	U	C	C	G	H	A	U	C	V	A	C	E
8	4	3	4	3	8	7	8	4	8	4	7	7
E	T	R	I	M	S	E	T	O	S	N	S	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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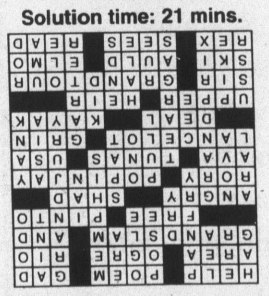
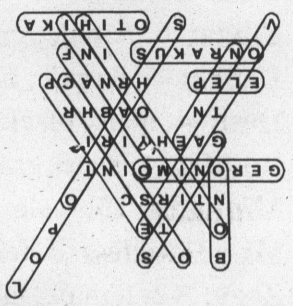
— King Crossword —
Answers
Solution time: 21 mins.



Magic Maze
ANSWERS:



Cyptoquip
ANSWER:
My friend was just overwhelmingly voted out of office. You might call that election ejection.

Native, Invasive Plants Program Topic Thursday

The community is invited to attend a program on "Natives, Invasives, and Introduced Plants – Making Gardens a Little Wilder" at Wollaston Congregational Church, 47 Winthrop Avenue on Thursday, Jan. 19th at 7:15 p.m.

The program is sponsored by the Wollaston Garden Club.

Tom Palmer, a Milton resident, who is a naturalist/photographer, botanist and wetlands ecologist, will present the program. He has been documenting local plants for decades.

Palmer is a former board member and president of the Friends of the Blue Hills and currently manages Willet Pond for the Neponset Watershed Association. Palmer will focus on plants in the Quincy area that could be appropriate to grow in home gardens.

The Wollaston Garden Club invites members of the community to attend its community educational programs as a part of the club's mission to "promote and encourage the love of gardening and the study of horticulture."

Future community programs include: "House Plants Going Exotic" on Feb. 16 at 7:15 p.m.; "50 Shades of Shade!" on March 16 at 12:30 p.m.; "Hydrangeas for the Northeast" on April 20 at 7:15 p.m.; and "Springtime Floral Designs" on May 18 at 12:30 p.m.

The Wollaston Garden Club is a long-time member of The Garden Club Federation of Massachusetts, Inc. and the National Garden Clubs, Inc.

Winter Bible Camp At Fort Square Church

Fort Square Presbyterian Church is offering a free Winter Bible Camp during February school vacation for grades kindergarten through grade 5.

The program consists of a Bible story, crafts, games, snacks, music and fun.

This year's theme is "Sheep, Sheep, Who is minding the Sheep?"

Sign-up is underway and space is limited to the first 30 children.

Camp hours are 9 a.m. to noon Tuesday, Feb. 21 through Friday, Feb. 24.

For more information or to register, email Laura McDonagh, volunteer children's ministry director, at childrensministry@fortsquare.org or call the church at 617-471-6808.

RELIGION

Bethany Congregational

On Sunday, January 22, Bethany Congregational Church, Quincy Center, will have a Worship Service and Sunday School at 10:00 a.m. The Rev. William C. Harding will conduct the service and preach a sermon. Fellowship with light refreshments will follow the worship service.

All are welcome to attend Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon, and 1 to 4 p.m. Please visit us at our Web Page: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service on Sundays, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

Houghs Neck Congregational Church

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Pastor Felix Carrion will lead the service, give the Children's message and preach the sermon "Love, Learn. Laugh, Live."

Liturgist Kara Kuntupis will call to worship and read the scripture lesson. Steve Reed, Minister of Music will direct the choir.

Janice Hughes and Joseph Giggey will serve for the Diaconate.

Nancy Jacobs hosts a pot luck coffee hour following the service. Anyone can contribute and all are welcome.

This is the second week to donate twin bedding and bath towels to DOVE (Domestic Violence Ended.)

Yoga with Amy Ross will be held on Thursday, Jan. 19th and Jan. 26th at 7 p.m. and on Saturday, Jan. 21st at 10 a.m.

DOVE Support, Education Groups

DOVE has several support and education groups coming up:

Quincy

Healthy Communication and Boundaries

Facilitators: Lindsay and Stephanie

Thursdays 12 - 1:30 p.m. (No Child Care Provided)

Jan. 26th - March 2nd (6 weeks)

Interested clients can call the intake line at 617-770-4065 x 122.

Lesbian, Gay, Bisexual, Transgender, and Queer Survivors of Domestic Violence Support Group

Facilitator: Lindsay

Last Wednesday of every month 6 - 7:30 p.m.

Jan. 25th, Feb. 22nd, March 29th, April 26th, May 31st, June 28th

Interested clients can call the intake line at 617-770-4065 x 122.

First Baptist Church of Wollaston

Sunday Worship Service begins at 10:30 a.m. at the First Baptist Church of Wollaston, 81 Prospect Ave.

All are welcome.

Pastor David Choi will preach the sermon – "By Faith." Sunday School classes begin after the Pastor's message to the children.

Following the service there will be a coffee hour of fellowship and light refreshments in the chapel.

On Sunday, Jan. 29th at 12:30 p.m. the Annual Meeting will convene in Fellowship Hall for Standing Committee's yearly reports, budgets for the coming year presentations and elections to the church council. Luncheon will be served.

All areas of the church are handicap accessible by the left driveway for the Sanctuary and Chapel and by the right driveway for the office and Fellowship Hall.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Latin Mass
1st & 3rd Wednesdays
(Lower Chapel) 7:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible & Handicapped parking, side entrance air conditioned .

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will lead the service & preach the sermon "Love, Learn, Laugh, Live"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service and Sunday School at 10AM
Rev. William C. Harding will conduct the service and preach the sermon
Child Care Available
For Infants And Toddlers
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Fellowship Time following Service
The church is wheelchair accessible

PEACE

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

UNION CONGREGATIONAL
Beach St. & Rawson Rd., Wollaston
(617) 479-6661
Rev. John Swanson, Pastor
Sunday Worship Service 10 AM

QUINCY POINT CONGREGATIONAL
444 Washington St . • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

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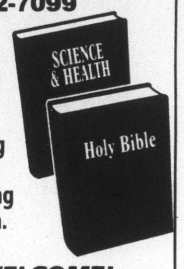
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.


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10:00 AM Worship Service
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Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
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617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

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617-773-3319
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Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

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11AM WORSHIP SERVICE
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NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

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OBITUARIES

Virginia M. Lysakowski

VIRGINIA M. LYSAKOWSKI

A funeral Mass for Virginia M. (Daley) Lysakowski of Quincy, formerly of S. Boston, was celebrated Tuesday in Sacred Heart Church, Quincy.

Mrs. Lysakowski died Jan. 11.

She enjoyed her many years at New England Telephone as a switchboard operator and secretary prior to raising her family. She took such great pride in being a mother and her family was everything to her.

After marrying her husband Henry, Mrs. Lysakowski became part of the much larger Lysakowski family and they welcomed her with open arms. Being an only child herself, she assimilated quite nicely into a large and fun-loving group.

Mrs. Lysakowski volunteered with the S. Boston USO during World War II and enjoyed spending time with the AMVETS/VFW chapters in Weymouth. She enjoyed singing and dancing and will be remembered for her very welcoming nature.

Beloved wife of the late Henry W. Lysakowski. Loving mother of Carol "Liza" Stevens and her husband George of Alton Bay, NH, Steven Lysakowski and his wife Michelle of Dorchester, and the late Mark Lysakowski. Cherished "Grammie" to Christopher, George III, and Michael Stevens, Katie Gosselin, Mark, Anna, and Alex Lysakowski.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Alzheimer's Assn., MA Chapter, 480 Pleasant St., Watertown, MA 02472.

Edwin C. Long, Jr., 88

EDWIN C. LONG, JR.

A funeral Mass for Edwin C. Long, Jr., age 88, of Quincy and formerly of West Roxbury, was celebrated Jan. 13 in St. John the Baptist Church, followed by Military Honors.

Mr. Long died peacefully Jan. 10 at the Harbor House Rehabilitation and Nursing Center in Hingham, surrounded by his loving family.

He was born in Boston on March 20, 1928, to the late Edwin C. and Jacqueline (Corbett) Long. He was raised in West Roxbury and was a graduate of the High School for Commerce in Boston. In the 1970s Mr. Long earned a bachelor's degree from Northeastern University's night school program. He had lived in Quincy for sixty-one years.

Mr. Long was employed in the shipping department for the former Chesapeake and Ohio Railroad in their Boston office for twenty-eight years and had been retired many years. He was a proud World War II veteran having served in the U.S. Navy as a seaman 1/c.

Mr. Long had a passion for photography and became an accomplished photographer and enjoyed taking all the family photos. He also enjoyed gardening and was an avid Boston sports fan. Mr. Long was dedicated to his late wife, Florence and to his cherished family.

Beloved husband for sixty years of the late Florence M. "Florrie" (Jack) Long. Devoted father of Nancy J. Dragone and her husband Frank of Weymouth, Edwin C. Long III and his wife Donna of Quincy, William R. "Bill" Long and his wife Suzanne of Abington and the late Mary E. Fields. Loving grandfather of eight grandchildren and six great-grandchildren. Dear brother of David "Buddy" Long of Bourne and the late Jeanne Shields. He is also survived by several nieces and nephews.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment private.

Memorial donations may be made to the charity of your choice.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Louis J. Volpe, 97

LOUIS J. VOLPE

A funeral Mass for Louis J. Volpe, age 97, of Quincy, formerly of Braintree, was celebrated Jan. 14 in St. John the Baptist Church, Quincy.

Mr. Volpe died peacefully Jan. 10 at the Hancock Park Rehabilitation and Nursing Center.

He was born in Quincy on July 8, 1919, to the late Luigi and Felicetta M. (Susi) Volpe. He was raised in West Quincy and graduated from Quincy High School where he captained the football team. Mr. Volpe was also a graduate of Colby College where he also captained the football team and later earned a master's degree from Bridgewater State College. He had lived in Quincy for the past three years and previously in Braintree for sixty years.

Mr. Volpe was a retired history teacher and guidance counselor at Thayer Academy and earlier at Archbishop Williams High School, both in Braintree, for many years. During his career he was also a well-known football coach at both schools. He was a member of the Quincy High School Football Hall of Fame.

As a young man, Mr. Volpe had worked in the monument industry with his late father and brothers at the former L. Volpe and Sons Monument Company in Quincy. He was a proud veteran of World War II having served as a staff sergeant in the U.S. Army Air Corps. He was a member of the Cyril P. Morrisette American Legion Post #294 in Quincy and at the time of his passing was the oldest past commander.

He enjoyed gardening and was an avid Boston sports fan. Mr. Volpe was proud of his Italian heritage and most especially proud of his children, grandchildren and great-grandchildren.

Beloved husband of the late Ella A. (Gendreau) Volpe for over fifty-five years. Devoted father of Susan Hely and her husband Charles of Needham, Louis Volpe and his wife Carol of Canton, Thomas Volpe and his wife Elizabeth of San Francisco, California. Loving grandfather of Carolyn Hely and her husband Scott Lenhart, Stephen Hely, Michael Volpe and his wife Elizabeth, Andrew Volpe and his wife Kate Watkins, Katherine Canavan and her husband Joseph, Chad Volpe and his wife Emily, Drew Volpe and cherished great-grandfather of eight. He was the youngest of four siblings and was predeceased by Antonio Volpe, Oliver Volpe and Philomena "Phyl" Volpe and is also survived by many nieces and nephews.

Interment with Military Honors at Mount Wollaston Cemetery in Quincy.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the charity of your choice.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Mildred I. Foy, 90

A funeral Mass for Mildred I. (Duggan) Foy, 90, of Quincy was celebrated Jan. 14 in St. Ann's Church, Quincy.

Mrs. Foy died Jan. 10 at home surrounded by her family.

Beloved wife of 65 years to Robert E. Foy III of Quincy. Loving mother of Robert E. Foy IV and his wife Sheila of Hanover, Mary Rooney and her husband Edward of Quincy, Nancy Capis and her husband John of Olympia, WA, Geralyn Page of Quincy and the late Susan and Jane Foy. Sister of the late Edward, William, Eleanor and Olive Duggan and Nancy Christian. She was also loved by her 10 grandchildren, 4 great-grandchildren and many nieces and nephews.

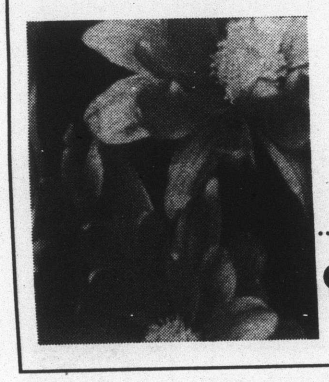
A longtime Quincy resident, Mrs. Foy was a graduate of Bridgewater State College where she received her teaching degree. She worked as a schoolteacher for the Nahant and Canton schools. As a devout Catholic, she was active in her beloved St. Ann's Parish where she served as a Eucharistic minister and a member of the Mariannes.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to St. Ann's Church, 757 Hancock St., Quincy, MA 02170.

See keohane.com or call 1-800-Keohane for directions and online condolences.



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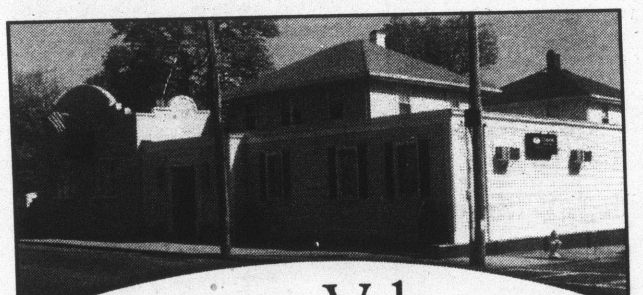

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Rita A. MacDonald, 86

A Mass of Christian Burial for Rita Ann MacDonald, 86, of Marshfield and Hull, was celebrated Tuesday in St. Agatha Church, Milton.

Mrs. MacDonald died peacefully during the early morning hours of Jan. 11 at Alliance Healthcare in Braintree, surrounded by the love, comfort and care of her family.

She was the devoted wife of the late Gerald A. MacDonald.

Raised in Boston, she was the youngest of three children born to the late Antonio & Anna (Lacapruci) Tomassetti, and she had lived in Hull and Marshfield for many years.

Mrs. MacDonald was a talented chef, and had managed the cafeteria at the Hingham Courthouse for more than 20 years. Later, she ran food service operations for the former Star of David Nursing Home in West Roxbury, and also worked in that same capacity at Queen Anne Nursing Home in Hingham for many years.

She was the loving mother of Geralynne "Gerri" Spinale and her husband Joe of Plymouth, Theresa Dyer and her husband James of Sagamore Beach, Betty Massamino and her husband Joe of Seattle, Linda Dyer and her husband Billy of Abington, the late Tony MacDonald and his wife Rae of New Port Richie FL, Fred MacDonald of Marshfield and Rita A. MacDonald of Quincy. Sister of the late Arthur and John Tomassetti. Dear aunt of Arthur, John, Paul, Steven and Frank Tomassetti. Also survived by 17 cherished grandchildren, 11 great-grandchildren, extended family and good friends.

RITA A. MACDONALD

Funeral arrangements were made by Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Interment at Mt. Hope Cemetery, Boston.

Memorial donations may be made to the New England Home for Little Wanderers, 10 Guest St., Boston MA 02135 or online at thehome.org.

Richard E. Horrigan, 81

A funeral Mass for Richard Edward Horrigan, 81, of Marlborough, CT, was celebrated Jan. 12 in St. John Fisher Church in Marlborough.

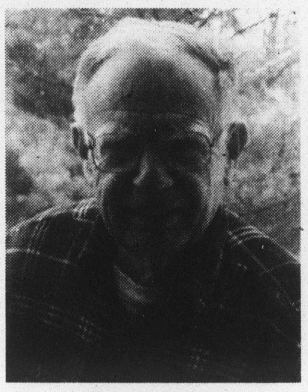
Mr. Horrigan died Jan. 9, surrounded by his loving family at John Dempsey Hospital, Farmington, CT.

Mr. Horrigan was born in Quincy on Dec. 31, 1935, one of seven children of Maurice and Mary (Walker) Horrigan. He graduated from Archbishop Williams High School, Quincy, and Boston College. He retired from the Defense Department Contract Administration at Pratt & Whitney in East Hartford. Prior to that assignment, he had worked for the Defense Department in Cleveland; Bath, Maine; and Dayton.

It was while working in Cleveland that he met his future wife, Mary Elizabeth (York) Horrigan, whom he married in 1966.

Mr. Horrigan was a parishioner at St. John Fisher Catholic Church in Marlborough, and was a member of the Quincy Council of the Knights of Columbus in Massachusetts. In his spare time, he was an accomplished builder, and was the main contractor for his home in Marlborough several years ago.

Mr. Horrigan was a lifelong Red Sox fan, and would encourage anyone within earshot to "Root for the Red Sox!" during baseball season. He also avidly followed the football team of his alma mater, Boston College.



RICHARD E. HORRIGAN

He is survived by his loving wife, Mary, daughter Ann Marie (Carl) Richard, and grandson Christopher Richard, all of McKinney, TX, a brother, the Rev. Kevin Horrigan, and sisters Mary, Ruth (Anthony) Apicella, Jane (Joseph) Clougherty, Helen Cicoria, and many nieces and nephews. He was preceded in death by brother-in-law Michael Cicoria. His older brother (his "Irish twin") Maurice died in Boston just three days prior to Mr. Horrigan.

Funeral arrangements were made by Mulryan Funeral Home, Glastonbury, CT.

Memorial donations may made be to the Carole and Ray Neag Comprehensive Cancer Center at UConn.

Anthony Venuto, Sr., 94

A graveside service for Anthony Venuto, Sr., 94, of Quincy, was held Jan. 14 in Mount Wollaston Cemetery, Quincy.

Mr. Venuto died peacefully Jan. 11 surrounded by his family.

He was the devoted husband of seventy-one years to the late Evelyn (Martini) Venuto. He was the loving son of the late Paul and Amalia Venuto of Braintree.

Mr. Venuto will be remembered most for his love and commitment to his family and his love of a good story, food, playing his harmonica, and a joke. He was an edge trimmer at the Stride Rite shoe company in Boston for over 25 years. He also worked at E.T. Wright Shoe Company in Rockland. Mr. Venuto was a staff sergeant in the U.S. Army during World War II where he traveled to Germany and Africa. He was a member of the 355th Military Police Escort Guard, Camp Shelby, MS in 1943.

Mr. Venuto was the loving father of the late Rita (Venuto) DiBella of Quincy, Linda (Venuto) Zschau and her husband Gerard of Raynham, Anthony Venuto, Jr. and his wife Judith of Braintree, Deborah (Venuto) Vaughn and her husband Albert of Quincy, and Karen Venuto of Millis. He is also survived by eight grandchildren, sixteen great-grandchildren and many nieces and nephews.

ANTHONY VENUTO

Mr. Venuto is survived by his sister Alice Falletti and the late Rocco Falletti of Hingham, his sister Flavia Romano and the late Dominic Romano of Braintree. He was predeceased by his brother James Venuto and sister Mary Venuto. He also leaves behind his longtime friend Joseph Colabro of Hingham.

Funeral arrangements were made by Bolea-Buonfiglio Funeral Home, 116 Franklin St., Quincy.

Mr. Venuto's family would like to extend their sincere gratitude to the staff at John Adams Healthcare Facility for their devoted care to both him and Evelyn.

Memorial donations may be made to John Adams Healthcare Facility, 211 Franklin St., Quincy, MA 02169 or Compassionate Care Hospice, 800 West Cummings Park, Woburn, MA 01801.

Ruth E. Salvucci, 80

Graveside services for Ruth E. (McAuliffe) Salvucci, age 80, of Randolph, will be held at 11 a.m. Saturday in Pine Hill Cemetery, Quincy.

Mrs. Salvucci died peacefully Dec. 21 at The Windsor Memory Care facility in Richmond, Virginia.

She was born in Quincy on April 11, 1936, to the late Timothy Daniel and Grace F. (Dolan) McAuliffe. She was raised in Quincy and was proud to be a member of Archbishop Williams High School's first graduating class in 1953. She had lived in Randolph for fifty years.

Mrs. Salvucci had been employed for twenty-five years as a function manager for Fasano's Catering of Braintree and had been retired many years. She enjoyed quilting and sewing. She was dedicated to her family, especially to her seven cherished grandchildren.

Beloved wife of the late Donald V. Salvucci. Devoted mother of Steven R. Salvucci and his wife Mary of North Easton, Donna Serra Alves and her husband Carlos of Chadds Ford, PA, Paul V. Salvucci and his wife Kay Bollen of Richmond, VA, the late Gail G. Ramey and her husband Steven of Taunton. Loving grandmother of Ashley and Adam and Katelyn Ramey, Daniel, Lisa, Allie and Leigh Salvucci. The last of four siblings, she was predeceased by Ann M. Emond, Timothy Daniel McAuliffe and John McAuliffe. Also survived by many nieces and nephews.

Memorial visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, prior to the service on Saturday from 8:30 to 10:30 a.m.

Memorial donations may be made to the Susan G. Komen Foundation, P.O. Box 650309, Dallas, TX 75265-0309 or to the Alzheimer's Association, 480 Pleasant St., Watertown, MA 02472.

The Salvucci family would like to acknowledge and thank the hospice staffs of Massachusetts and Virginia for their excellent care and compassion during Mrs. Salvucci's illness.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Julia E. Lang, 92

A funeral Mass for Julia E. "Betty" Lang, 92, of Roslindale, later of Quincy, was celebrated Jan. 13 in St. Ann's Church, Quincy.

Ms. Lang died Jan. 10.

She was born in Roslindale and was a longtime resident of Roslindale. She later moved to Quincy where she lived for the past 16 years. Ms. Lang loved to garden and read. She belonged to a book club. She also loved to play computer games and spend time at the beach.

Sister to the late Catherine L. Rice, Edward J. Lang Jr., Helen B. Lang, Rosalie A. Lang, Mary Brennan, and John H. Lang. Dear aunt to Joan R. Goshow and her husband James of PA, Elizabeth Devlin and her husband Michael of Plainville, and Edward Brennan of Randolph. Great aunt to Tina Mentillo and her husband Jeremy of NY and Randy McKeon of RI. Also survived by a great great-niece and nephew.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Old Calvary Cemetery, Boston.

Memorial donations may be made to Catholic TV, PO BOX 9196, 34 Chestnut St., Watertown, MA 02471.

See keohane.com or call 1-800-Keohane for directions and online condolences.

Teresa F. Broderick

A Mass of Christian Burial for Teresa F. Broderick was celebrated Jan. 14 in St. Gregory Church, Dorchester.

Ms. Broderick died at Hancock Park, Quincy, on Jan. 10.

Daughter of the late Thomas and Bridget (Larner) Broderick. Sister of the late Mary M. Broderick, James Broderick, Lawrence Broderick, Francis Broderick, Louise G. Ouellette, Eileen Colbert and Patricia Hayes. She is survived by many nieces, nephews, grandnieces and grandnephews.

Ms. Broderick was born in Boston and lived in Mattapan for many years. She became a nun with the Sisters of Notre Dame and Attended Emmanuel College. She was a dedicated teacher at St. Ann's School in Wollaston for over 35 years where she was affectionately known as "Miss B."

Funeral arrangements were made by Dolan Funeral Home, East Milton Square.

Interment New Calvary Cemetery, Boston.

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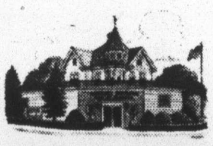

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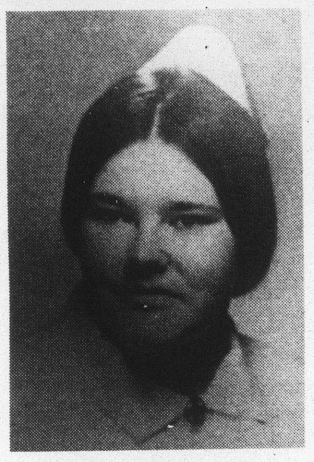
OBITUARIES

Jean E. Bergeron, 65



JEAN E. BERGERON

Funeral services for Jean E. (Sproule) Bergeron, age 65, of Belmont, NH, and formerly Quincy, will be held Friday at 10:30 a.m. in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Bergeron died peacefully Jan. 15 at Lakes Region General Hospital in Laconia, NH, surrounded by her loving family.

She was born in Quincy on Oct. 31, 1951, to the late Claude F. "Frank" and Jean M. (Gordon) Sproule. She was raised in Quincy and was a graduate of Quincy High School, Class of 1969. She also graduated from the former Quincy City Hospital School of Nursing in 1972. She had lived in Belmont, NH, for fifteen years and previously had lived in Webster, MA, and Center Harbor, NH.

She was proud to be a registered nurse and as a nurse, gave over forty years of her life in service to others. During her career, she worked in various hospital environments, with elementary school students and with seniors at St. Francis Rehabilitation and Nursing Center in Laconia, NH. She served as president of the Lions Club in Webster, MA from 2002 to 2003.

Mrs. Bergeron was dedicated to her profession and to her family.

Beloved wife for twenty-seven years of Richard E. Bergeron, Jr., a former Quincy Police detective and sergeant and retired Webster, Massachusetts Chief of Police. Devoted mother of the late Meredith J. Bergeron and step-mother of Amy Chenette and her husband Dave of Braintree, Maryjane Bergeron and her husband Adrien Descarpentries of Boston's North End, and Richard E. Bergeron III of Belmont, NH. Loving grandmother of Emma Chenette. Also survived by cousins, Peggy O'Neil, Kathy Cavanaugh, James Cavanaugh, Ginny Mullin and Cally Schneiderhan.

The Rev. Heidi Johnston, Pastor of the Faith Lutheran Church in Quincy, will officiate.

Visiting hours are 5 to 8 p.m. Thursday in the funeral home.

Interment Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the charity of your choice.

Elizabeth MacPherson, 81

ELIZABETH MACPHERSON

Funeral services for Elizabeth (Gorrie) MacPherson, age 81, a longtime resident of Braintree, will be held at 10:30 a.m. Friday in Fort Square Presbyterian Church, Quincy.

Mrs. MacPherson died peacefully Jan. 15 at South Shore Hospital in Weymouth.

She was born in Ayrshire, Scotland, on June 19, 1935, to the late John and Elizabeth (Murphy) Gorrie. She was raised and educated in Scotland and immigrated to the United States in 1968.

Mrs. MacPherson was a travel agent for sixteen years with Travel Advisors in Quincy. As a young woman, she was a runner-up in the Miss Scotland pageant and later worked as a model and fashion consultant in London. Mrs. MacPherson was a longtime active member and tireless volunteer at the Fort Square Presbyterian Church in Quincy. She loved fashion, traveling and art, especially painting and drawing.

Beloved wife for forty-seven years of the late Gordon W. MacPherson. Devoted mother of Kirsti E. MacPherson and her husband Greg Sorenson of Evanston, Illinois. One of four siblings, she was twin sister of Andrew Gorrie of Warwick, England, and predeceased by Margaret Clark and Agnes Walton. She is also survived by several nieces and nephews.

Pastor John W. Culp will officiate the services.

Visiting hours are 4 to 7 p.m. Thursday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the Fort Square Presbyterian Church General Fund, 16 Pleasant Street, Quincy, MA 02169 or to the American Lung Association of MA, 460 Totten Pond Road, Suite 400, Waltham, MA 02451.

Helen V. Clements Mahoney, 89

HELEN V. CLEMENTS MAHONEY

A funeral Mass for Helen V. (Anderson) Clements Maloney, 89, of Quincy and formerly Plymouth, was celebrated Wednesday in Sacred Heart Church, Quincy.

Mrs. Clements Maloney died Jan. 15 surrounded by her loving family.

Wife of the late Robert F. Clements and Edward J. Maloney. Loving mother of Marion Macrina of Buzzards Bay, Helen Sawyer of Alton Bay, NH, Denise Ryan of Kingston, Patricia Clements Cilley of Wells, Mary Trudell of Randolph, Robert F. Clements, Jr. of Pembroke and Therese Clements of Plymouth. Predeceased by three sisters and one brother. She is also survived by her 13 cherished grandchildren and 12 great-grandchildren. She is also predeceased by her friend James Derwin.

Mrs. Clements Maloney belonged to the K Club in Dorchester for many years. She enjoyed bowling, dancing and all her social luncheons at Florian Hall. Her faith and her family were the cornerstones of her life. She adored her grandchildren and in return they cherished her. She will be remembered for her great sense of humor. Mrs. Clements Maloney will be sadly missed by all those who were blessed to have had her in their lives. "We love you a bushel and a peck."

Interment at Knollwood Memorial Park, Canton.

Memorial donations may be made to Alzheimer's Assn., MA Chapter, 480 Pleasant St., Watertown, MA 02472.

Arrangements were completed by the Keohane Funeral Home, 785 Hancock St., Quincy. See keohane.com or call 1-800-Keohane for directions and online condolences.

Paul J. Waldmyer, 72

A funeral Mass for Paul J. "Woody" Waldmyer, age 72, of Quincy, was celebrated Wednesday in St. John the Baptist Church, Quincy.

Mr. Waldmyer died peacefully Jan. 13 after a brief illness.

He was born in Roxbury, to the late Arthur V. and Catherine J. (Burford) Waldmyer. He was raised and educated in Roxbury and was a graduate of Roxbury Memorial High School. He had lived in Quincy for the past twenty years.

Mr. Waldmyer loved growing up in Orchard Park and enjoyed many lifelong friendships there. He was a loyal member of the Orchard Park Old Timers and enjoyed attending their reunions.

Mr. Waldmyer is survived by his children, Ralph Waldmyer and his wife Julie of Holbrook, Sandy Waldmyer of Randolph, and Anthony Waldmyer of Bridgewater, and their mother, Judith A. (LaMattina) Waldmyer of Randolph. Grandfather of Dylan and Laci Waldmyer. Brother of Barbara A. Buckley and her husband Donald of Hanover, the late Joan P. Cairns, and the late Eleanor Waldmyer. Brother-in-law of Ernest Cairns of Quincy. Also survived by many nieces and nephews.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Interment will take place at a later date in Forest Hills Cemetery, Boston.

Memorial donations may be made to Project Hope, 550 Dudley St., Roxbury, MA 02119.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

More Obituaries Online at www.thequincysun.com

No Vote Yet On Bridge Street Proposal

Cont'd From Page 16

for the children of Quincy to look at for the rest of their lives.

Sedney also presented to the board a set of photos taken on streets near the project site to show how tightly packed they are.

Board member Maureen Glynn said one of the photos showed a vehicle in front of a no-parking sign, and said enforcement of the parking regulations was important.

Ward 1 Councillor Margaret Laforest said parking has been problematic in the area, and advised residents to contact the Quincy Police Department anytime they spot a violation.

"Call them – it isn't helpful for us to hear it after the fact," she said. "If you see a violation, call it in."

Laforest also credited Boston Property Development for the work it has done on other projects in her ward – the company has also undertaken a condo project on Merrymount Road, in addition to 999 Hancock St.

"One thing I do want to give confidence to is this development team. They've worked on a lot of projects in my district. Every single time, they've come out with what the project is and they've followed through, met their guidelines and done quality work," Laforest said.

"I truly appreciate that because that has not been the same in other cases."

Adams Street resident Alex Steffan suggested a more methodical approach be taken to redevelop Bridge Street – as well as the entire neighborhood from Dimmock Street to Furnace Brook Parkway.

"This strikes me as a process that has been very piecemeal," Steffan said. "As somebody who lives within walking distance of this space, there is a tremendous opportunity here to have an integrated commercial and residential real cityscape with a walkable mix of things.

"My concern is we will go one project at a time and wind up with a jumble of buildings with no cityscape at all. This building – while very attractive – will have an entire first floor dedicated to cars, as will the projects around it."

Marianne Peak, the superintendent of the Adams National Historical Park, said Boston Property Development has been sensitive to concerns about the building affecting the view from Peacefield. The developer had agreed to remove most of the building's top floor on the wing facing Peacefield and set back the rest of that side about 10 feet. Additionally, the developer planned to work with the National Park Service and the city's Historic District Commission on design elements for the building.

"I look forward to working with the city and with Boston Property so that the end decision is one we're happy [with]," Peak said.

The Quincy Sun.com

Viewing Quincy Sun Online Galleries

The Quincy Sun's website has a wide selection of photo galleries available for viewing.

Galleries include community events, high school sports and other subjects of interest.

To view the galleries, follow these simple steps:

- Go to www.TheQuincySun.com
- At the top of the home page click "galleries."
- The gallery page will open.
- To view a specific gallery, click the headline at the top of gallery post. For example, one of the headlines reads "NQ Girls Basketball Vs. Scituate. Another reads "Q-NQ Girls Hockey Vs. W-H/Silver Lake.
- After clicking the headline for the gallery, all of the images for that gallery will be loaded and available for viewing. Some galleries have more than 20 photos so be sure to click "#2" at the bottom of the gallery to see the rest of the images.
- To view older galleries, scroll down to the bottom of the page and look for the words "older posts" on the left.

Click this arrow and other galleries will be available for viewing.

For further help or to order reprints of photos featured in any gallery, email the publisher at rbosworth@thequincysun.com.

CLASSIFIEDS

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No: NO17P0017EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Lixia Lin
Date of Death:
October 31, 2016

To all persons interested in the above captioned estate, by Petition of Petitioner **Zhi Lin** of **Quincy, MA**. **Zhi Lin** of **Quincy, MA** has been informally appointed as the Personal Representative of the estate to serve **Without Surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

1/19/17

PERSONAL

JPB SR.
WE MISS YOU BUD
1/19

Thanks to all my neighbors on Phipps St. & friends who help me out all year long with rides & driveway clearing & help PRN Thanks - Norma 1/19

THANK YOU J.G.F. FOR ALL YOU DO.
GREAT PAL AND SPONSOR.
1/19

Prayer to The Blessed Virgin
(Never Known To Fail)
O, most beautiful flower of Mt. Carmel, Fruitful Vine, splendour of Heaven. Blessed mother of the son of God, immaculate Virgin, assist me in this necessity. O, Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech thee from the bottom of my heart to succor me in this my necessity (make request). There are none that can withstand your power. O, Mary, conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands (3 times). Thank you for your mercy to me and mine. Amen. The prayer must be said for three consecutive days and after that the request will be granted. The prayer must be published. F.D. 1/19

HELP WANTED

Sewing Operator – Randolph, MA

Looking for prior commercial/industrial experience, especially with heavy fabrics. Will become familiar with company/industry standards and perform assessments in compliance with standards. Perform repairs and record repair transactions. Perform weekly equipment maintenance.

Fulltime permanent position, Monday-Friday, 1st shift
Pay will be dependent upon experience

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100 Grandview Road, Suite 216, Braintree MA 02184
Phone: (781) 848-2324, Fax: (781) 848-23248,
Email: maggie.horan@expresspros.com
Please call, email or fax resume, and/or complete online application @ braintreema.expresspros.com
1/19

NOTICE OF PUBLIC HEARING

CITY OF QUINCY
BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the General Laws of Massachusetts that the Board has received an application from SC Quincy, LLC. d/b/a Shaking Crab, 22 Cottage Avenue for a Common Victualer All Alcohol Restaurant License Nicholas Wu, Manager. A hearing will be held in the First Floor meeting room, 1305 Hancock St., Quincy.
TUESDAY February 7, 2017 4:00 P.M.

Andrew G. Scheele
Chairman

1/19/17

Want to pick up a copy of The Quincy Sun?
Here are stores in Quincy that sell it on their newsstands:

Quincy Market Corner of Temple & Washington St.	**Artery Grocery** 1000 Southern Artery	**7-11** 721 Hancock St.
Goodie's Store 1250 Hancock St., Presidents Place	**7-11** 495 Washington St.	**Beale St. Smoke Shop** 17 Beale St.
New Store on the Block 1183 Hancock St., Quincy Ctr. T Station	**Dairy Farm** 330 Washington St.	**CVS** 42 Beale St.
Hancock Market 5 Cottage Ave.	**7-11** 230 Washington St.	**Coffee Break Café** 12 Old Colony Ave.
Mignosa's Fruit Basket 138 Granite St.	**Stop & Shop** Southern Artery	**Supreme Liquors** 615 Hancock St.
Rite-Aid 132 Granite St.	**CVS** Southern Artery	**Big Y** 475 Hancock St.
Coffee Break Café 77 Parkingway	**Baxter's Pharmacy** 385 Washington St.	**Rite-Aid** 475 Hancock St.
Hancock Park Lobby Shop 164 Parkingway	**Tedeschi's** 650 Adams St.	**Mullaney's Variety** 205 W. Squantum St.
Franklin St. BP 60 Franklin St.	**7-11** 678 Adams St.	**Stop & Shop** 65 Newport Ave.
7-11 78 Franklin St.	**Village Comm. Market** 100 Willard St.	**7-11** 363 Hancock St.
Shop N Save Liquors 20 Independence Ave.	**Copeland Liquors** 273 Copeland St.	**Walgreens** 324 Hancock St.
Donut + Donuts 33 Scammell St.	**Granite Mart** 308 Willard St.	**Red Apple Food Shop** 48 Billings Rd.
Presidential Liquors 25 Scammell St.	**7-11** Copeland St.	**Sam's Variety** 125 Billings Rd.
7-11 85 Quincy Ave.	**Joe's Place** 260 Centre St.	**Lucky's Wine & Liquor** 66 Newbury Ave.
Daily Mart 291 Quincy Ave.	**Corner Food Market** 1060 Hancock St.	**Atlantic Market & Liquors** 247 Atlantic Ave.
Roche Brothers The Falls	**200 Food Mart** 200 Sea St.	**CVS** 321 Quincy Shore Dr.
Walgreens 418 Quincy Ave.	**Adams Shore Supermarket** 494 Sea St.	**Carmine's Café** 69 Huckins Ave.
Corner Food Shop 171 West St.	**Palmer Street Market** 231 Palmer St.	**Tedeschi's** 751 E. Squantum St.
	Bernie's General Store 1147 Sea St.	**Lucky Shamrock** 265 Beale St.
	West Elm Variety 139 W. Elm Ave.	**Andre's Store** 20 Brook St.
	Walgreens 550 Adams St.	**Everest Market** 121 Standish Ave.

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Davistownmuseum.org
www.jonesport-wood.com TF

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1 WEEK ❑ $9.00 for one insertion, up to 20 words, 10¢ for each additional word.

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11 WEEKS OR MORE ❑ $7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

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- ❑ Boats
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- ❑ Work Wanted
- ❑ Pets
- ❑ Lost & Found
- ❑ Real Estate
- ❑ Antiques
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❑ Enclosed is $ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

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NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

City Celebrates Legacy Of Dr. Martin Luther King, Jr.

Cont'd From Page 6

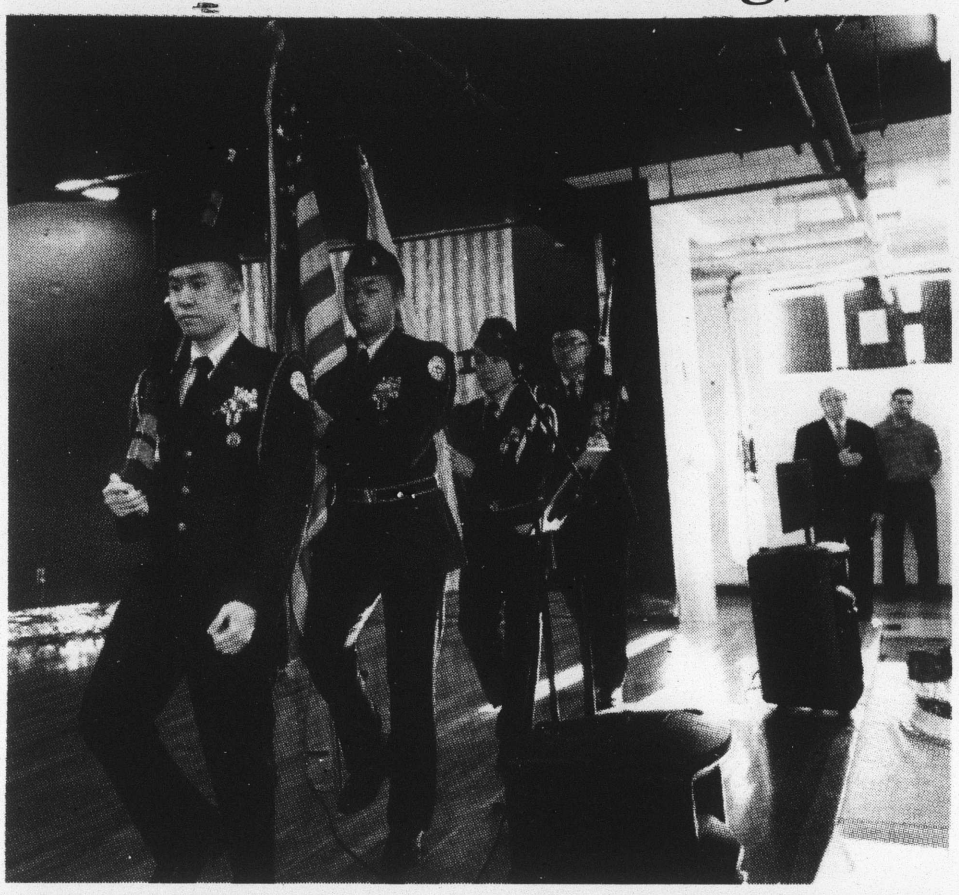
discrimination because your community loses that talent."

Germantown Neighborhood Center Director Kathy Quigley said that kindness should be the message of the day.

"Be kind to one another, be respectful to one another, and give everyone the opportunity to hear their voice and what they have to say," she said.

Keynote speaker was Dr. Joshua Lumumba Okallo, a family physician who provides comprehensive medical care at Manet Community Health's Snug Harbor/ Germantown and North Quincy locations. He spoke of his childhood growing up in Texas and his father who immigrated from Kenya and his mother, a Texas native.

"I spent summers living with my mother in a public housing community just like this one," he said.



NORTH QUINCY HIGH SCHOOL Junior Air Force ROTC color guard marches into the Germantown Neighborhood Center prior to the MLK, Jr. breakfast Monday.

Quincy Sun Photo/Tom Gorman

Okallo said he was interested in community health care because "I believe in their mission" and the Snug Harbor Clinic attracted him to the Manet Health Centers after moving to the Boston area from California where he went to college and served his medical residency.

"To me, it resonated that in order to care for people, you have to go where the people are," he said. "Community health center clinics are on par with any clinic and that additional social support structure that target specific community needs is invaluable."

Okallo said the theme of Dr. Martin Luther King Day is the acceptance of others and love of community. He said there is a need to carry on the civil rights leader's legacy and message.

"Dr. King's significance resonates to this day," he said. "His message called to the higher nature of Americans…pulling us to be better than we were."

Okallo noted that while Dr. King advocated for the rights of African Americans, he also fought for poor Americans of all racial backgrounds.

"His assassination actually occurred while he was campaigning for the rights of workers in Memphis (Tennessee)," he said.

Okallo explained racial injustice grows from apathy and not willing to accept those who are different.

"I think of every of society that gave ground to injustice because, when they looked at their neighbor, they saw someone different and not a member of their community," he said. "History is littered with conflicts and the atrocious outcomes of people not accepting others into their community."

He noted Quincy is becoming a more diverse city with Germantown and North Quincy being the "two most diverse neighborhoods in town."

"My patients speak Portuguese, Vietnamese, Mandarin-Cantonese, Arabic, Spanish and English" said Okallo. "Some are first generation immigrants like my father. Some have family trees deeply rooted in this land, like my mother. There are some who have parents from one or both of these populations, like me. But, no matter our origin, we are here now, in one community together."

He touched on the opioid addiction epidemic and that the community's response to it is vastly different than it would have been 10 to 20 years ago.

"We accept this as a community problem," he said.

In addition to addressing the opioid problem, Okallo noted how ballots in Quincy are written in Chinese as well as English.

"This is the type of acceptance we should strive for," he said. "Instead of pushing others away, we must learn to embrace."

Okallo urged the gathering to be involved in the community, vote and support legislation that would "uplift and protect those around you and not isolate them."

"In the end, we are all called to work to lift each other up, to not turn a blind eye to the needs of our neighbor, and to be better," he said. "As you leave here today, I pray you continue to care for Germantown and Quincy."

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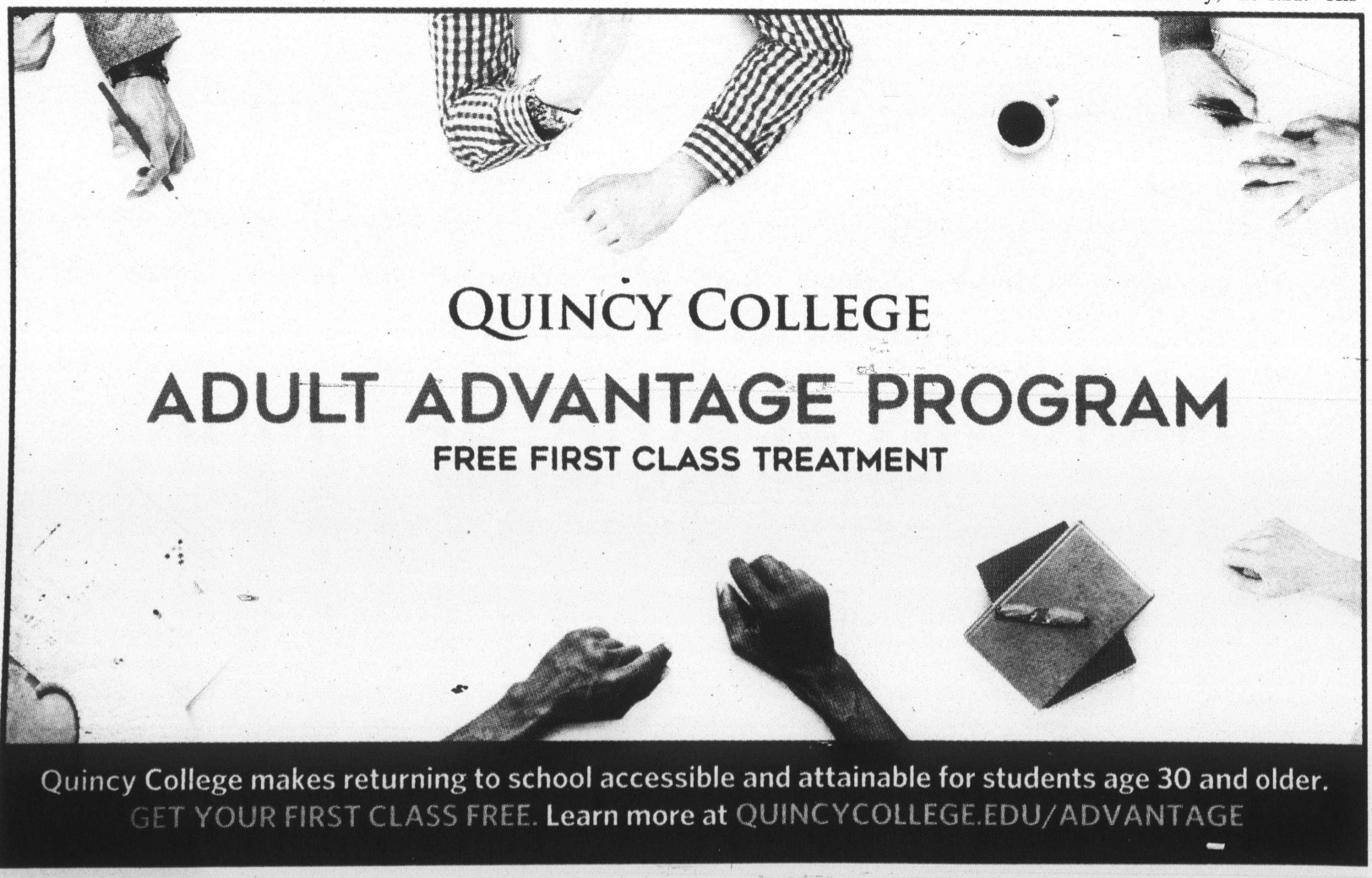

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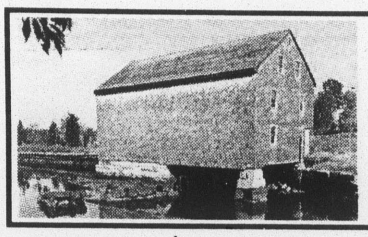


Turn The Tide - Save The Souther Mill - *Pages 4, 16 & 17*

Chamber Of Commerce Meeting March 9 - *Page 2*

Remy Aucoin Sets NQ Girls Hoop Record - *Page 23*

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 49 No. 19 | Thursday, January 26, 2017 | 75¢

HAPPY BIRTHDAY, SAM! – Former Major League baseball player, manager, coach and scout Sam Mele (seated right) celebrated his 95th birthday Saturday with family and friends at his Quincy home. Mele broke into the Big Leagues with the Boston Red Sox and made his major league debut April 15, 1947 as the club's right fielder. Besides the Red Sox, Sam played professional baseball with five other teams. Later in his career, he managed the Minnesota Twins to the 1965 American League pennant and came within a game of winning the World Series that fall bowing to the Sandy Koufax and Don Drysdale-led Los Angeles Dodgers, 4 games to 3. Family members wishing Sam a happy birthday are (front row left) grandson Isaiah Mele; back row (from left) grandson Kyle McCabe; son in-law Kevin McCabe, daughter Sherry Mele, daughter Marilyn McCabe, daughter in-law Kathy Mele and son Steve Mele. *Photo Courtesy Sherry Mele*

Council OKs Plan For High-Rise Apt.

15-Story Building On Hancock Lot

By SCOTT JACKSON

The City Council on Monday night gave its endorsement to a developer's proposal to construct a 15-story high-rise apartment building on a portion of the Hancock Lot, the first step in setting the stage for what would be the tallest structure in Quincy.

The council unanimously approved a land disposition agreement for the project Monday. Under the LDA, which Mayor Thomas Koch introduced late last year,

Cont'd On Page 12

NQ Branch Library Extends Saturday Hours

The Trustees of the Thomas Crane Public Library announce the North Quincy Branch Library at 381 Hancock St. is now open all day on Saturdays.

Due to a steadily increasing number of Saturday visitors, open hours have been extended to a full day.

Weekly branch hours are as follows:

North Quincy Branch Library (381 Hancock St.)

- Monday 1-5 p.m.
- Tuesday 1-9 p.m.
- Wednesday 1-5 p.m.
- Thursday 1-5 p.m.
- Saturday 9 a.m. - 5 p.m.

For more information about library hours and events, visit the library website thomascranelibrary.org or call the main library at 617-376-1316.

Comer Attends Inaugural Festivities

'Crowds Enormous, People Excited To Be There,' Says Past Commander Of The American Legion

By SCOTT JACKSON

Quincy's Jake Comer was among the many who headed to Washington, D.C., as Donald Trump was inaugurated as the nation's 45th president, and got a chance to meet with newly sworn-in Vice President Mike Pence.

Comer is an Air Force veteran of the Korean War and a past national commander of the American Legion. Trump's inaugural was the second Comer has attended; he was at the 1989 ceremony for George H.W. Bush, shortly after his term as national commander ended.

"The crowds were enormous and people were excited to be there," Comer said of Trump's inaugural during a phone interview Monday.

"Everything was well attended and well accepted. We at the American Legion were proud to be there."

Comer arrived in the nation's capital Wednesday, two days before the Inauguration Day itself on Jan. 20.

He attended the "Make America Great Again! Welcome Celebration" on Thursday evening at the Lincoln Memorial. The concert featured performances by Lee Greenwood, Toby Keith and 3 Doors Down. Comer and several of his fellow past national commanders were in the Pence's suite for the event.

"I was fortunate enough to be in the vice president's suite with three past national

Cont'd On Page 11

JAKE COMER (left), a former past national commander of the American Legion, met with Vice President Mike Pence (right) during an inaugural ball hosted by the veterans organization the night of Jan. 20. Comer was in Washington to watch President Donald Trump's inauguration earlier that day. Also pictured (from left) are Florence Publicover, past president of the Massachusetts Department of the American Legion Auxiliary, and Second Lady Karen Pence.

Photo Courtesy Clay Lomneth/The American Legion

'State Of City' Address Tuesday - *Page 3*
Polycythemia Vera - Health Message - *Page 9*
Quincy Vs. North Quincy Wrestling - *Pages 18-20*

More Quincy news:
The Quincy Sun.com

2nd Phase Of Bricks Begins At Flags For Veterans Island

A second phase of engraved bricks at Flags for Veterans Island in Fort Square is underway, announces the Sons of the American Legion, Squadron 294, Morrisette Legion Post.

Squadron 294 has maintained the island and decorated the small green space with American flags and bricks since 2010.

The second phase of engraved bricks will be placed patio-style in front of the island's main flower bed near Pleasant Street, announces Squadron Commander Paul Moody. The bricks cost $50 each and can be inscribed with the name of a veteran, his or her rank and branch of military service.

A form to order bricks appears below on this page.

The first phase of the brick initiative commenced last year. More than 416 bricks have been purchased and line the walkway to the island's main flag pole.

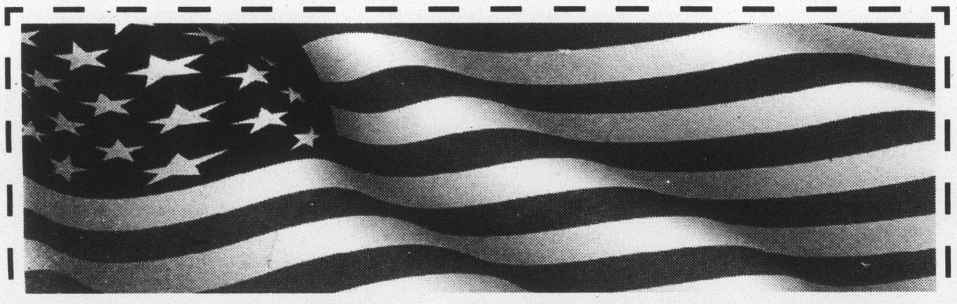
Moody said the first phase was so successful the Squadron decided to sell more bricks to be located near the flower bed. He said there is space for probably a few hundred bricks.

Beside bricks, the Squadron has also sold 400 American flags that decorate the island for Memorial Day and Veterans Day annually. Beautifying the island with flags and bricks began before Veterans Day in 2010.

Proceeds from the sale of flags and bricks are used to support veterans' causes and charities.

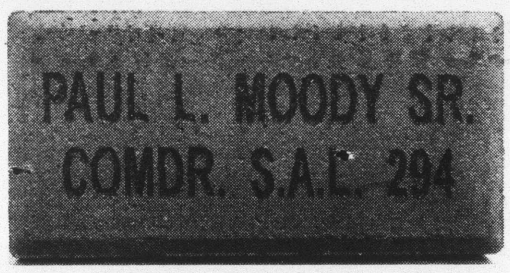
The Squadron will host its annual Memorial Day observance at the island Sunday, May 21 - this is the Sunday before the Memorial Day weekend. Memorial Day is Monday, May 29.

To order a brick, fill out and mail the form below or call Paul Moody at 617-472-5952.



FLAGS FOR VETS ISLAND
SQUADRON 294

Bricks for Veterans Program



Announcing PHASE 2

Last year, the Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy began a new initiative called "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

The program was a success with more than engraved 416 bricks sold and placed along the walkway to the island's main flag pole.

Now, the Squadron is announcing **PHASE 2.**

These engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for $50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank:_____

Line 2: Branch of Service: _____

Bricks cost $50 each

Send this form and check to:
S.A.L. Squadron 294
22 Conant Rd.
North Quincy, MA 02171

For more information or to order, call 617-472-5952

Telecommunications Firm Founder Keynote Speaker At Chamber Annual Meeting

March 9 At Boston Marriott Quincy Hotel

Granite Telecommunications Co-Founder and President Rob Hale will be the keynote speaker at the Quincy Chamber of Commerce annual meeting Thursday, March 9 at the Boston Marriott Quincy hotel, 1000 Marriott Dr., Quincy.

The doors to the business showcase open at 4 p.m. and the event is open to the public. The event will continue until 8 p.m. Hale is expected to speak around 7 p.m.

The business showcase traditionally attracts over 400 attendees.

Granite Telecommunications, LLC, is a communications company headquartered in Quincy. Founded in 2002, Granite now has over 1.5 million business telephone lines under management, annual revenues exceeding $1.2 billion and employs over 1,700 employees.

The company provides voice and data communications products and services over two thirds of Fortune 100, including 18 of the top 20 retailers in the United States. Granite has been recognized as one of the most philanthropic companies in Massachusetts.

ROB HALE

Hale has been recognized as a leading entrepreneur by several organizations and publications. He has been recognized by Boston Business Journal-Power 50, which salutes the 50 most powerful people in Boston. For his long-time commitment to the lifesaving mission of Dana-Farber Cancer Institute and the Jimmy Fund, Hale was awarded the Boston Red Sox Jimmy Fund Award. He has also received the Ernst and Young Entrepreneur of the Year award and has been saluted as one of the 25 most influential people in American telecom multiple times.

Hale also owns FoxRock Properties, a Boston-based real estate firm with over 2 million square feet of commercial space. He also founded Copley Equity Partners, a private equity firm that invests in small and middle market businesses with significant growth prospects.

Hale is an owner and director of the Boston Celtics of the National Basketball Association and owner of the Boston Cannons of Major League Lacrosse.

Hale has held or holds leadership roles at Boston Children's Hospital, The Massachusetts Soldier's Legacy Fund, Dana Farber Cancer Institute, Deerfield Academy, Connecticut College and Brigham & Women's Hospital where he currently co-chairs the $1.5B Life.Giving.Breakthroughs. Campaign.

Hale and his wife Karen were honored by the Breast Cancer Research Foundation with the Inaugural Carolyn Lynch Humanitarian Award last month. Hale lives in the Boston area with his wife and three children.

Tickets are $40 per person and includes access to the business showcase as well as the keynote speaker presentation. There will also be a light buffet and cash bar.

To purchase tickets call 617-471-1700 or visit TheQuincyChamber.com.

Quincy Police Offering Free Basic Boating Safety Courses

The Quincy Police Marine Unit, in partnership with the Massachusetts Environmental Police, is offering three Basic Boating Safety Courses at no cost to the public.

The courses are designed for persons 12 years old and up, regardless of boating skill.

Courses will be offered:

- Saturday, March 11, March 18 and March 25 from noon to 4 p.m.
- Thursday, March 2, March 9 and March 16 from 6 to 10 p.m.
- Thursday, March 23, March 30 and April 6 from 6 to 10 p.m.

All courses will be taught at the Houghs Neck Maritime Center, 137 Bay View Ave., next to the Quincy Yacht Club on Sea Street.

Courses are nationally approved, and course completion will allow persons to legally operate a boat in states requiring Basic Boating Safety Courses. Everyone who completes the course will be issued a Basic Boating Safety Certificate.

All graduates in the 12 through 15 year-old age group will be legally allowed to operate a motorboat without adult supervision. The same is true for 16 and 17 year old youth who wish to operate a personal watercraft (jet ski, wave runner, etc.) In addition, some insurance companies offer policy discounts for customers that complete a Basic Boating Safety Course.

To register for a course go to the Massachusetts Environmental Police Department website at:

www.mass.gov/ole

Then click on Boat and Recreational Vehicle Safety Bureau and choose Boating Safety Information. Then click on Boat Massachusetts Course Schedule and follow the instructions.

For more information, call the Massachusetts Environmental Police Department at 508-564-4961.

Sea Ducks Squantum Park Tour Jan. 29

The Park Department's Environmental Treasures program is featuring a "Nuts About Ducks!" tour on Sunday, Jan. 29 at noon.

Quincy hosts a fantastic array of incredibly beautiful, exotic-looking sea ducks in the winter.

Les Tyrala and Sally Owen will lead a free tour in Squantum Point Park to look for some of these birds. Meet at the white pavilion in the parking lot on Haul Road off Victory Road.

Bring binoculars if you have them and dress warmly. There will be an optional stroll around the park following the search for ducks from the pier.

For more information and rain date rescheduling, call 617-472-0799.

'State Of City' Address Tuesday

By SCOTT JACKSON

Mayor Thomas Koch is set to deliver his State of the City address Tuesday.

Koch will deliver his remarks at 7 p.m. on Jan. 31 in the Great Hall on the second floor of the James R. McIntyre Government Center.

While the mayor has addressed residents annually in January – delivering an inaugural address on even years after being sworn-in to a new term or a midterm in odd years in which he was halfway through a two-year term – Tuesday's remarks will be his first State of the City with Koch one year into the city's first four-year mayoral term.

Because it is his first State of the City, Koch has said he plans to focus more on the 'nuts and bolts' of governance, eschewing any major announcements or declarations of new policy initiatives.

"My sense is where it is a state of the city – it's not an inaugural, it's not a mid-term – it will be more nuts and bolts," Koch said in an interview published earlier this month. "We will be talking about the state of the city financially, looking at our departments and talking about some of the successes and some of the challenges going forward."

"We're going to keep it basic," he added.

Koch identified several areas he might touch on during his remarks, including the city's finances and efficiencies he said have helped save the city money or will do so in the future. Those include the previous switch to the Group Insurance Commission and plans to convert all of the city's street lights to LEDs.

Quincy Access Television plans to broadcast the State of the City live on Jan. 31 on its government station, channel 11. It may also be simulcast on the main the station, channel 8, and will be rebroadcast several times in the days that follow.

AAA New England Honors Two Quincy Police Officers

QUINCY POLICE OFFICERS Lt. Dan Minton (second from left) and Officer Steven DesRoche were recently honored by AAA New England. Through the years, Officer DesRoche – who was recognized as AAA's Traffic Safety Hero Officer – has shown his dedication as a police officer in all aspects of his duties. While continuing to attend advanced training, Officer DesRoche constantly leads the department in the issuance of citations and also participates in all of the department's car seat installation programs. Officer DesRoche has also been a member of the Quincy Police Department's Crash Reconstruction Team since 2010. Additionally, this officer is also a certified MPTC instructor in many subjects, teaching at the entry level as well as for seasoned officers. Lt. Minton is one of the most visible police officers on the force and along with the safety programs in Quincy his presence in local media makes him very approachable to the public. With the Quincy police officers are Ken Crossley (left), vice president of AAA Branch Operations AAA Northeast; and John Paul (right), AAA's Senior Manager, Public Affairs and Traffic Safety Advocacy.

Photo Courtesy AAA Northeast

Blood Drive Saturday To Benefit Cancer Patients

The Amelia Apartments will host a blood drive Saturday, Jan. 28, from 9 a.m. to 3 p.m. aboard the Blood Mobile in the Coddington Building parking lot, 34 Coddington St.

Blood collected at the drive will benefit patients at Dana-Farber Cancer Institute and Brigham and Women's Hospital.

People undergoing treatment for cancer, heart disease - as well as accident victims, transplant recipients, and many other patients - depend on transfusions to control their bleeding. Volunteer donors are the only source of blood products for these patients.

For appointments: Log on tinyurl.com/Amelia-Jan2017

For eligibility questions: Email BloodDonor@partners.org or call 617-632-3206

In general, to donate blood, you should be at least 17 years old, 110 pounds or heavier, and in good health.

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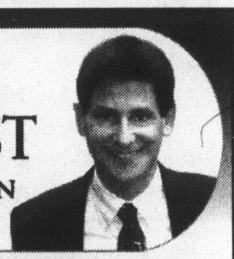
BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST



ALL THE ESSENTIALS

When women are beginning their collections of fine jewelry, they are typically advised to pick out six high-quality "essentials" that they can continue to wear throughout their lives and then pass down as heirlooms. The essential pieces include diamond stud earrings, a diamond solitaire necklace, a diamond tennis bracelet, a diamond engagement ring or classic diamond ring, a diamond wedding band or eternity ring, and pearl earrings. Spending a bit more on these pieces is well worth the investment because their style ensures that they will never go out of fashion and they will complement any outfit from casual to formal. These pieces should also be staples for working women who want to project style and confidence.

Whether you are looking for a money clip for him or an exclusive diamond setting for her, Rogers Jewelry carries the finest and most recognized names in jewelry and gifts. For more information, please call 617-773-3636. We are a full service jewelry store that also accepts custom orders. Our prices have always been more than competitive with no fake markups in order to offer huge discounts. We also pay top dollar for old unwanted or broken jewelry. We invite you to visit us at 1402 Hancock St. in Quincy Center .

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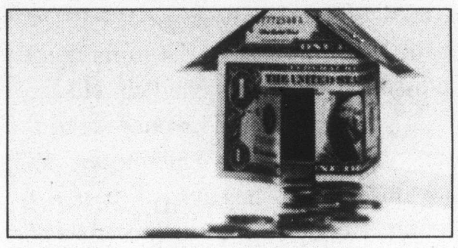

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Preserving The Souther Tide Mill

Son Beams

By ROBERT BOSWORTH

For Quincy's Doug Morrill and a group of dedicated volunteers, the Souther Tide Mill is more than an historic site.

Preserving the property has been a personal crusade.

A mission, he says, that needs to be accomplished before the building is lost forever.

"This is Quincy's only industrial historical building," says the 62-year-old president of the Friends of the Souther Tide Mill. "It hasn't been touched or altered in any way since its infancy. That's why the Friends and I want to preserve it – for future generations."

The Souther Tide Mill dates back to early 19th century when the gristmill supported the then Town of Quincy's early commerce on the Town River waterfront. Through the years, the site – which is located on the Quincy canal near Southern Artery today – supported a gristmill, sawmill, working shipyard, and brickyard.

Morrill, who lives in Quincy and has been involved with the Friends for about eight years now, says the tide mill's historical significance is vast and varied and warrants preservation and an interpretative experience to visitors some day. He also has short-term and long-term goals for the site that features an old wooden building that stands as a reminder of a bygone era in Quincy on the well-traveled Route 3A (Southern Artery).

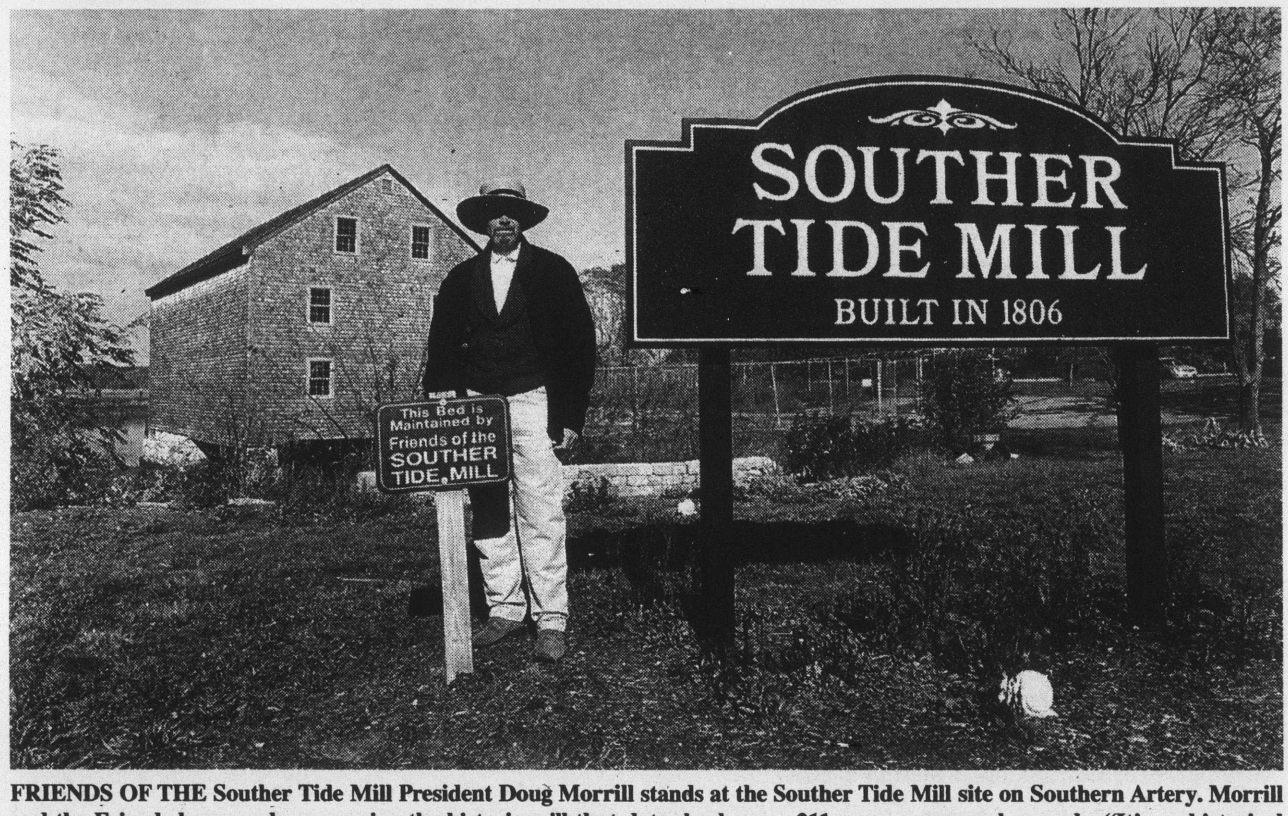
Ultimately, Morrill would like to see the 4.5 acre-site that is owned by the City of Quincy declared a National Historic Landmark. He says such a designation would open the door for matching preservation grants to improve the property with some basic needs including electricity and a fire suppression system as well as create a visitor-friendly interpretative experience.

"It's an historical building and I want to see it preserved for future generations. Once it's gone, it's gone forever. You can't make another one," he says.

Morrill estimates about $125,000 to $250,000 is needed to restore the Souther Tide Mill to the point where it is a functioning, fully accessible historic site in Quincy.

The Friends have done some improvements to the property using funds from several sources including Mass. Historic Commission, Quincy Community Preservation and local business people, notably Jay Cashman who has given upwards of $50,000. Those funds have gone to such projects as stabilizing the building by raising it up on stone blocks to keep water from entering the wooden structure as well as replacing the roof and installing new windows.

The Souther Tide Mill is one of only two tide mills still standing in Massachusetts – the other is located in Revere and it is not open to the public.



FRIENDS OF THE Souther Tide Mill President Doug Morrill stands at the Souther Tide Mill site on Southern Artery. Morrill and the Friends have made preserving the historic mill that dates back some 211 years a personal crusade. "It's an historical building and I want to see it preserved for future generations. Once it's gone, it's gone forever. You can't make another one," he says.

Quincy Sun Photo/Robert Bosworth

One short-term goal is erecting an educational kiosk on the site. The kiosk – similar to those that appear on Wollaston Beach – would show actual photos of how the mill worked, the inside of the building and information about the structure.

Long-term, Morrill envisions an interpretative experience for visitors akin to Plimoth Plantation featuring re-enactors dressed in period-appropriate attire who could explain the mill's working features and interact with guests taking them back to the site's production hey-days.

"Grist mills don't just grind corn and wheat. They can grind chocolate, spices. The mill itself is the power. The purpose of the mill back in the day is how do you generate the power to make that machine work," he says.

Morrill explained that the Souther Tide Mill site is different than other mills that were located on fresh water sources like rivers and ponds.

"A tide mill gets its power from the ocean. All these other mills that you see with paddle wheels on the side – 99.9 percent of them are powered by rivers or ponds. When you come down to the ocean, it's a different story.

"Rivers and ponds always have water – they always have the power. But we have a big advantage in Quincy. Fresh water freezes in the winter. Salt water really doesn't freeze.

"You can really run the mill in the winter because the water isn't frozen. The downside of a tide mill with the ocean is cycles of the ocean come in twice a day. When the tide comes in and the water is captured, you have to wait for the tide to go out before you can release that water to get the power. If the tide comes in at 1 a.m. in the morning, I have to be there at 10 p.m. because the tide starts coming in two hours before high tide and goes out two hours after high tide.

"It's a long operation – it's not an 8 a.m. to 4 p.m. job."

The visitor experience, Morrill said, would show "how grinding mill stones worked. We could show how bread was made 200 years ago. In the back of the building, I would like to show how the tide mill operated as a lumber yard, too."

Morrill says he has a collection of antique shipbuilding tools that he would like to display at the site along with artifacts that help tell the mill's story.

Future goals include reconstructing a portion of the building that burned down years ago. This area could be used to construct small boats like sailboats and get high school trade students involved.

Morrill and the Friends have a vision for the site. What they need more than anything right now is community support.

"We need donations, volunteers, memberships. We need folks to get involved," Morrill said. "Quincy, at one time, had four mills. Now we have only one. What we have left I think we should preserve.

"Once they are gone, they are gone forever. Let's keep this part of Quincy history alive."

More on the Souther Tide Mill and the Friends of the Souther Tide Mill appears on Pages 16-17.

Moments in time

THE HISTORY CHANNEL

• On **Feb. 12, 1793**, Congress passes the first fugitive slave law, requiring all states, including those that forbid slavery, to forcibly return slaves who have escaped from other states to their original owners.

• On **Feb. 7, 1812**, the most violent of a series of earthquakes near Missouri causes a so-called fluvial tsunami in the Mississippi River, actually making the river run backward for several hours. Large lakes, such as Reelfoot Lake and Big Lake, were created by the earthquake.

• On **Feb. 11, 1916**, Emma Goldman, a crusader for women's rights and social justice, is arrested in New York City for lecturing and distributing materials about birth control in violation of the Comstock Act of 1873.

• On **Feb. 6, 1937**, John Steinbeck's novella "Of Mice and Men," the story of the bond between two migrant workers, is published. In 1925, he had moved to New York City, where he worked as a manual laborer and a journalist. In 1939, Steinbeck won the Pulitzer Prize for "The Grapes of Wrath."

• On **Feb. 9, 1950**, U.S. Sen. Joseph McCarthy claims he has a list with the names of more than 200 members of the Department of State who are "known communists." McCarthy never produced any evidence that there was even one.

• On **Feb. 10, 1966**, Ralph Nader, author of the groundbreaking book "Unsafe at Any Speed," first testifies before Congress about unsafe practices in the auto industry. Nader would go on to advocate for other consumer causes, including food and drug safety.

• On **Feb. 8, 1978**, a classic Nor'easter that brought a severe blizzard to New England finally subsides. In the end, 56 deaths were attributed to the storm, which dumped up to 55 inches of snow in some areas of Massachusetts and Rhode Island.

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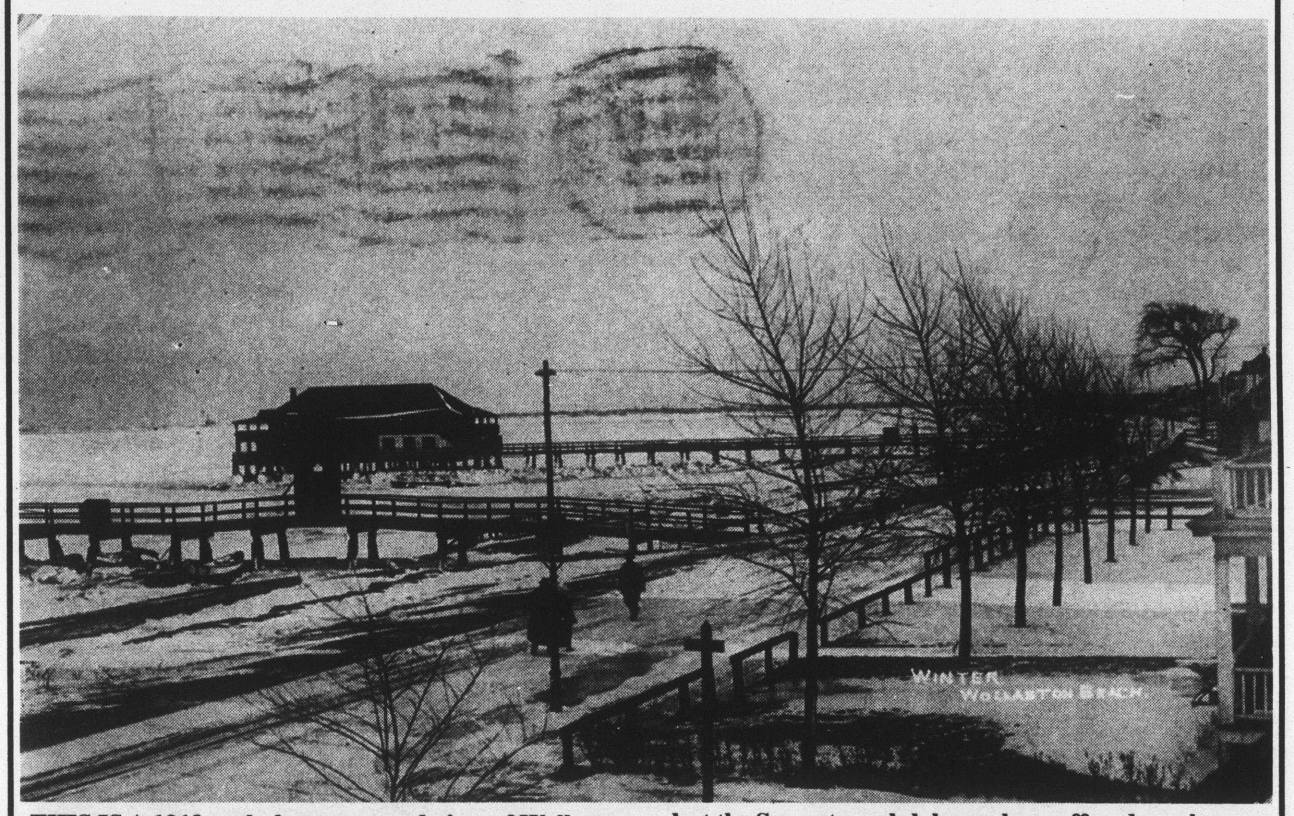
Scenes From Yesterday



THIS IS A 1919 real photo postcard view of Wollaston Beach showing an ice capped Quincy Bay and shoreline. This rare winter postcard scene was taken from the roof of a porch on the corner of Apthorp Street just in the foreground. Broken pieces of the ice shelf can be seen along the shore and under the damaged boardwalk leading to the Squantum Yacht Club which is out of sight on the left. Quincy Bay doesn't freeze over that often, but the Squantum club house has suffered much more severe damage when it froze over in 1961 and then again in 1979. Nor'easters with strong winds and high tides pushed the ice toward the shore with great force. The row of trees on the right has not survived, probably because they blocked the summertime water views. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Old Schwamb Mill Quarry Museum Meeting Topic

The Quarry Museum's February meeting will be a presentation by Edward Gordon, the director of Museum Programs at the Old Schwamb Mill.

The Old Schwamb Mill is a 19th century mill located in Arlington. It claims to be located on the oldest continuously used mill site in the United States, with a documented history of operation dating back to about 1684.

The present mill site was developed in 1681, beginning with the construction of a dam on Mill Brook and then the erection of a gristmill, which was followed in 1704 by a sawmill.

This complex was acquired by Henry Woodbridge in 1860 and adapted for the purpose of grinding spices. It was severely damaged by fire and it was rebuilt the following year. The mill was then purchased by brothers Charles and Frederick Schwamb in 1864 for the manufacture of circular elliptical picture frames. It remained within the family's ownership and continued operation, more or less unchanged in both equipment and processes, until 1969.

Included in the presentation will be a video program showing the history and operation of the mill. Gordon will also briefly speak on the day-to-day operation of a small museum similar to the planned Quincy Quarry and Granite Workers Museum.

The meeting will be held at the Ward 4 Community Center, 100 Brooks Ave., South Quincy, on Wednesday, Feb. 1 at 7 p.m.

For additional information call the museum at 617-472-1322.

Red Cross To Install Free Smoke Alarms, Teach Fire Safety Here During February

American Red Cross, along with the Quincy Fire Department, will install free smoke alarms and carbon monoxide detectors in Quincy on Saturdays this February.

Call 800-746-3511 to request an home visit.

Seven times a day someone dies in a home fire in the United States. In fact, every 40 minutes an injury from a fire is reported, and nearly 1,000 times every day fire departments respond to a home fire.

In October 2014 the American Red Cross launched a 5-year nationwide campaign to reduce the number of fatalities and injuries from home fires by 25 percent over five years. The Red Cross Home Fire Campaign is delivered in every city and town around the country. The program includes the installation of free photoelectric smoke alarms and CO detectors, and includes a review of home fire prevention and individualized home escape planning to emphasize the importance of fire prevention and event preparedness.

The Quincy Home Fire Campaign event will take place on Saturdays, Feb. 4, 11, 18, and 25. Smoke alarm and CO installations will be done by the Quincy Fire Department along with Red Cross Home Fire volunteer teams.

Alison Coleman On Dean's List

Alison Coleman of Quincy has been named to the Dean's List for the fall semester at the University of New England.

Mount Wollaston Cemetery Veteran Memorial Flag

Quincy Veterans Services has raised a memorial American flag at the World War II Memorial at Mount Wollaston Cemetery in honor of a deceased Quncy veteran.

The flag is in memory of Richard X. Wilson, a U.S. Air Force Vietnam Veteran, Airman First Class E-4, who served from November 1962 to 1966. He was honorably discharged and died Dec. 7, 1983.

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Quincy's Yesterdays

This Week
1944
73 Years Ago

Carrier USS Hancock Launched At Shipyard

In the first launching of the year at the Fore River Shipyard, the USS Hancock, the last of a fleet of four aircraft carriers built here in Quincy since the war started, slid down the ways at Quincy's shipyard.

Mrs. DeWitt Clinton Ramsay, wife of Rear Admiral Ramsay, was the ship's sponsor. Governor Leverett Saltonstall and Mayor Charles A. Ross spoke at the launching.

The Hancock was the sister ship to the second Wasp, the second Lexington and the Bunker Hill.

MERCHANTS WAR BOND DINNER A SELLOUT

The Jan. 25 War Bond Dinner, sponsored by the Quincy Merchants Association at the Neighborhood Club, is a complete sellout, Patrick L. O'Malley, general chairman of the Quincy War Finance Committee, said, with applications for additional tickets being turned down.

O'Malley also said that well-known actor Joel McCrea will attend the dinner. McCrea, one of Hollywood's most popular movie stars, will attend the dinner with his wife, movie actress Frances Dee.

Tickets to the affair were obtained by the purchase of a $500 war bond.

USE OF POLICE SURVEY PLEDGED BY COUNCILLORS

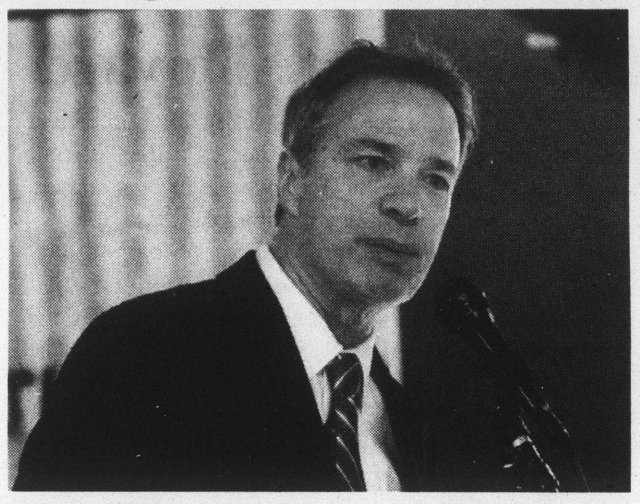
Seven members of the City Council pledged themselves to use the Police Survey report as a guide in the proposed reorganization of the Quincy Police Department at a dinner meeting of the Quincy Taxpayers' Association.

Councillors attending included Council President Frank Orcutt, William Jenness, Christian Burkard, Clifton Baker, Amelio Della Chiesa, George McDonald and Carl Anderson.

QUINCY-ISMS

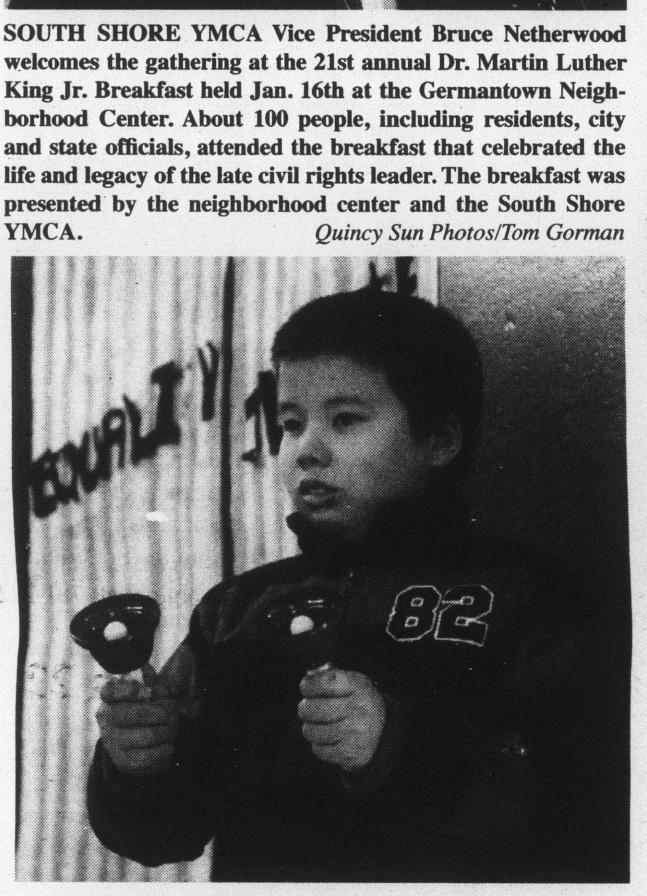
The four Quincy service clubs were planning a joint meeting for Jan. 31, to stimulate the purchase of war bonds. The committee included the following club presidents: **George Bonsall,** Rotary; **Joseph Emmons,** Lions; **George Daley,** Kiwanis; **Samuel Coffman,** Quintonas... **Robert S. Fallon,** son of Mr. and Mrs. Kenneth P. Fallon, 8 Park St., Quincy, has been promoted to the rank of first lieutenant in the US Army... **William Morrison,** principal of the Massachusetts Fields School, was the guest speaker at a meeting of the school's Parent and Teachers Association... **J. Everett Robie,** owner of the Quincy Coal and Fuel Company, was re-elected to the board of directors of the Quincy Visiting Nurse Association... Claudette Colbert and Paulette Goddard were appearing in the movie "So Proudly We Hail" at the Adams Theater, School St., Quincy... The movie, "Sahara" starring Humphrey Bogart and Bruce Bennett, was playing at the Alhambra on Hancock St., Quincy Center... **Julian E. MacDonnell,** son of Mr. and Mrs. Ernest F. MacDonnell, Southern Artery, Quincy Point, was promoted to Radioman third class. Petty Officer MacDonnell is serving in the Pacific... A "Chart of Instructions" on how to burn bituminous coal was being given to Quincy residents by Granite Coal Co., 64 Penn St., South Quincy... **Henry E. Conroy,** son of Mrs. Margaret Conroy of 89 Pleasant St., South Quincy, was promoted to corporal in the United States Marine Corps. Cpl. Conroy enlisted in the Marines in June 1943... Shipbuilders' Cooperative Bank, 24 Granite Trust Building, announced that mortgage money was available for home buyers or those looking to refinance a present mortgage... A group of teachers and parents of the Montclair Parent Teachers Association went to the Red Cross donor center, Boylston St., Boston, to donate blood. They included **Helene Johnson, Bernice Thissell, Marion Kelley, Bettina Hilt Holdt, Mrs. Walter Parker,** and **Mr.** and **Mrs. Charles Mahn**... Carroll's Cut Rate Store, 1419 Hancock St., Quincy Center, was advertising "Facial Tissues, Small Size, $.13, Large Size, $.15"... **Staff Sergeant Phillip Posey, Jr.,** son of Mr. and Mrs. Phillip Posey, Sr., 72 Newbury Ave., North Quincy, has completed 46 missions with the US Air Force in the European Theater of Operations... Twin sisters, **Dorothy** and **Phyllis Burns,** were installed at the recent installation meeting of the Wollaston Assembly, Order of the Rainbow. Dorothy was installed as worthy advisor of the Assembly and, Phyllis, was elected to the office of drill leader.

More Photos From Martin Luther King, Jr. Breakfast



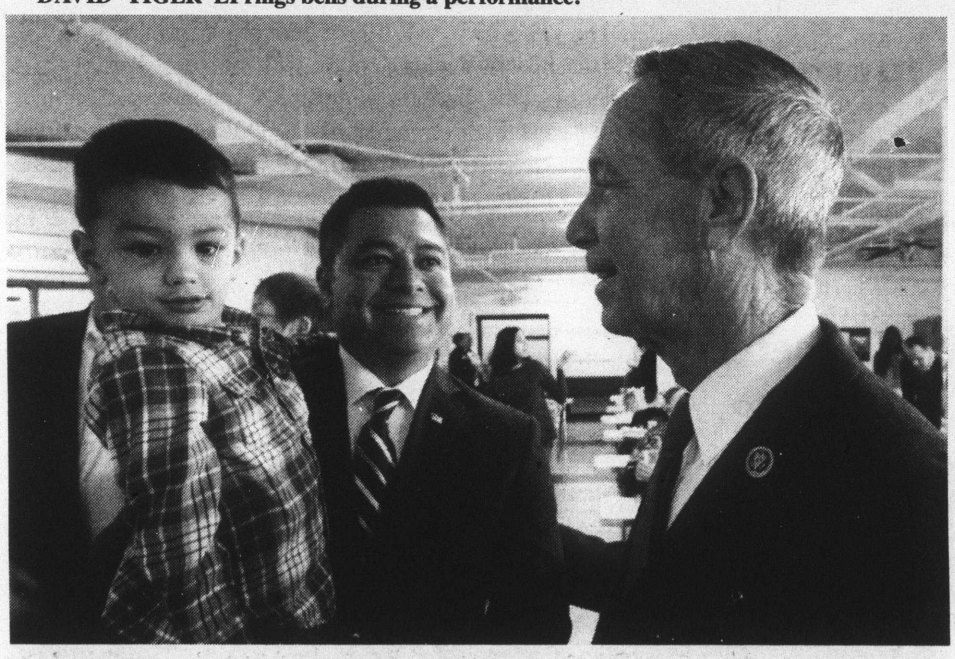
SOUTH SHORE YMCA Vice President Bruce Netherwood welcomes the gathering at the 21st annual Dr. Martin Luther King Jr. Breakfast held Jan. 16th at the Germantown Neighborhood Center. About 100 people, including residents, city and state officials, attended the breakfast that celebrated the life and legacy of the late civil rights leader. The breakfast was presented by the neighborhood center and the South Shore YMCA. *Quincy Sun Photos/Tom Gorman*

ABOUT 100 GUESTS gathered for the 21st annual Dr. Martin Luther King Jr. Breakfast at the Germantown Neighborhood Center Jan. 16.



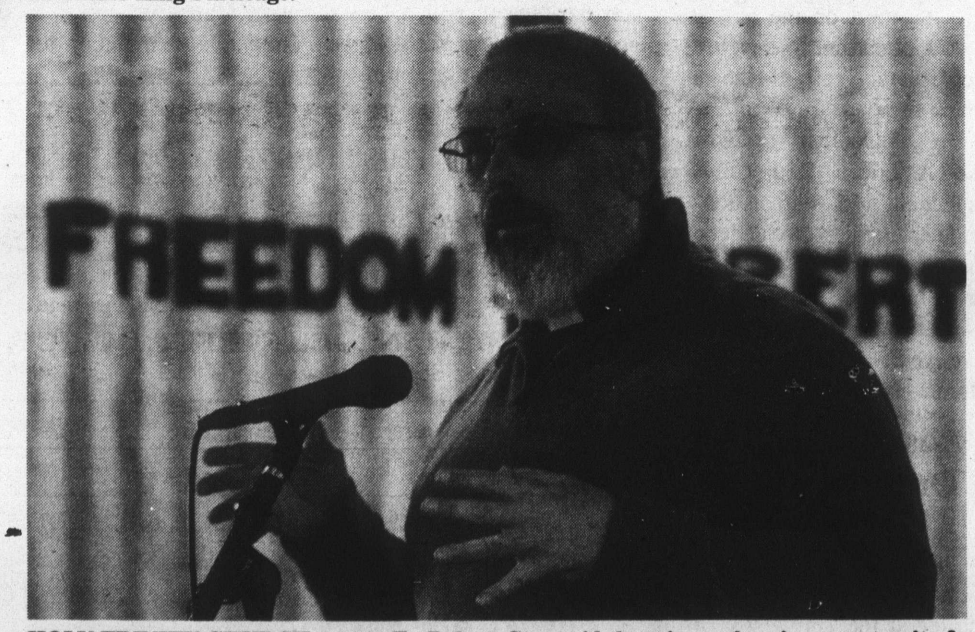
DAVID 'TIGER' LI rings bells during a performance.

KARIEF GRANT, Destiny Maldonanado, Germantown Neighborhood Center youth director Kinson Theodoris, Kalieb Grant and Kiara Ebanks perform a dance at the Martin Luther King, Jr. breakfast at the Germantown Neighborhood Center.



COUNCILLOR AT-LARGE Noel DiBona and his son, Tyler, 4, chat with Cong. Stephen Lynch at the Martin Luther King, Jr. Breakfast Jan. 16 at the Germantown Neighhborhood Club.

DARRELL YOUNG of the Germantown Neighborhood Center performs a rap about Dr. Martin Luther King's message.



HOLY TRINITY CHURCH pastor, Fr. Robert Carr said there is no place in a community for discrimination.

'Chili Bowl' Cook-Off Saturday

The 8th annual Quincy "Chili Bowl" Cook-off will be held Saturday, Jan. 28th from 2 to 5 p.m. at the Fellowship Hall of the Houghs Neck Congregational Church, 310 Manet Ave.

The Chili Bowl attracts several hundred attendees. Individuals and restaurants are invited to enter with a chance to win a trophy and title of "Quincy's Champion Chili."

There is no fee to enter. The only requirements are to bring three gallons of chili in your own crockpot or chafing dish, your own apron and serving utensil.

Electricity and tables are provided.

To enter contact Pam Craig, Chili Bowl coordinator, at 617-471-8968 or chilicookoffhnccc@gmail.com.

With categories for both home cooks and restaurants, the event will offer attendees the chance to sample and savor up to 20 different varieties of chili.

Trophies and medals awarded to the champions chili winners are voted on by attendees. Admission to the cook-off is $5 and includes all the chili you can eat. Hotdogs, beer, soda and snacks will also be available for an additional charge.

Social

5th Anniversary, CD Release Party At Keep The Edge Studios Sunday

Keep The Edge Studios, and audio and video production studio, will host a Five Year Anniversary Party at their studio location in Quincy on Sunday, Jan. 29th.

They will be celebrating five years of recording local and national talent and the release of Keith Asack's new album *Shuffle*. Ten local acts will be playing at the anniversary party as well as Keith Asack.

The anniversary and CD release party will be held at Keep The Edge Studios, 1150 Hancock St. LL-1 Quincy, from 3 to 6 p.m. It will feature local acts, free food and cake.

Keep The Edge Studios also announces its latest record with Sugar Ray and the Bluetones *Seeing is Believeing* has garnered 10 nominations from the Blues Music Awards including Best Blues Album and the Pinetop Perkins Piano Player award.

On the subject of running Keep The Edge for five years, Lead Engineer Keith Asack said, " Working with local and national talent for the last five years has been a dream come true. I wish nothing but the best for all my artists and am looking forward to another successful five years."

Registry of Deeds Consumer Program Reaches 500th Milestone

Register of Deeds William O'Donnell announces the 500th sign-up of a free on-line Consumer Notification Service designed to protect Norfolk County property owners against fraud.

"We are delighted that in less than two years people continue to enroll in the program," O'Donnell said. "Our goal is to get every property owner in the county to sign-up for it."

O'Donnell cited recent F.B.I. statistics that property and mortgage fraud is one of the fastest growing white collar crimes in the United States.

"Multiple jurisdictions across the country have reported individuals recording fraudulent documents and making it appear like they own another person's home or property." he said. While we have been fortunate that this problem has not revealed itself here in Norfolk County, I want to make sure my office is proactively and vigorously protecting consumers."

Any owner of real property in the 28 communities comprising Norfolk County can sign-up for the Consumer Notification Service free of charge by doing the following simple steps: Go to the Registry's website, www.norfolkdeeds.org, and click on the Consumer Notification Service Get Consumer Alerts button to complete the initial registration. From there, follow the remaining sign-up instructions, it only takes a minute or two to complete.

Once signed up for the service, each subscriber will be able to input two names, individual or business, as well as the corresponding city or town in Norfolk County for monitoring. They can check their property for such activities as changes in deeds, mortgages, non-mortgage liens, Homesteads or other land document transactions that might be recorded against their name.

If a document is recorded against one of the names inputted for monitoring, the subscriber will be alerted via email, usually within 24 hours. The person can also check the Registry's online land research records at www.norfolkresearch.org as an option.

If a subscriber believes a fraudulent land record has been recorded against their property, they should immediately contact the Norfolk County Registry of Deeds Customer Service Center at (781) 461-6101. The subscriber will also be given a list of public safety referrals by the Registry.

"As your Norfolk County Register of Deeds, I take very seriously the Registry's responsibility to provide secure, accurate and accessible land records for all Norfolk County communities," O'Donnell said. "I also want to be proactive in ensuring that there is no fraudulent activity related to land document recordings. By offering the Consumer Notification Service, the Registry is able to provide a level of protection to the program's subscribers against unscrupulous individuals who would attempt to commit real estate fraud. I urge people to sign-up for the free program."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on facebook.com/norfolkdeeds, and follow us on twitter and instagram @ norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High Street, Dedham is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or on the web at www.norfolkdeeds.org.

38 Local Students On Curry Dean's List

Thirty-eight students from Quincy are on the Dean's List for the fall semester at Curry College in Milton.

They are:

Jessica Abban, Elizabeth-Anne Amerault, Kailin Bell, Melanie Bohane, Mikayla Bohane, Laura Carter, Marli Caslli, Ashley Cataloni, Christen Couture, Alessa Davis, Nathan Durand, Robin Elder, Mam Forster, Jennifer Healy, Christine Kelliher, Thien Le, Melissa Linskey, Guang Sheng Liu, Nathan Mahoney, Sinead McGrath, Allison McGrath, Jamie Meade, Jossara Moreno, Migena Mullahi, Thomas Ngugi, Marina Nikonova, Jesse Palmer, Christine Pedro, Jason Pekkinen, Molly Plunkett, Brendan Prendeville, Madolyn Ross, Richard Ryan, Marika Sanchez, Kenneth Stanley, Taylor Stewart, Bernardo Teixeira and Brendan Therrien.

Four Quincy Students On Mount Ida Dean's List

Four students from Quincy are on the Dean's List for the fall semester at Mount Ida College in Newton.

They are:

Cynthia Bishop, Jingyi Chen, Jared Johnston and Miele MacMillan.

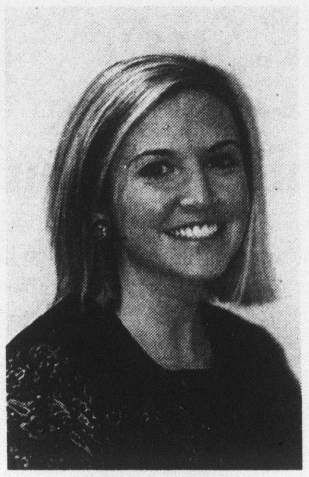
Alexandra Powers Cellucci Elected Director Of Neurofibromatosis Northeast

Alexandra Powers Cellucci of Quincy has been elected to the Board of Directors at Neurofibromatosis Northeast, a non-profit patient advocacy organization based in Burlington.

The organization's mission is to find a cure and treatment for neurofibromatosis by promoting scientific research, creating awareness, and providing hope and support to those who are affected by NF.

"We are so delighted to have Alex join the Board of Directors," said Board Chairman Lori Ryan, RN, MS. "As a person who lives with NF2 she brings her valuable personal experiences to the organization. Neurofibromatosis Northeast has been adding members to the Board over the past few years and Alex adds yet another voice to represent our NF community. We look forward to closely working with her as we move towards finding treatments and a cure for NF."

Neurofibromatosis is a genetic disorder of the nervous system that causes tumors to form on the nerves anywhere on or in the body at any time. While the vast majority of NF-related tumors may initially start out benign, the disorder can be debilitating and may cause disfigurement, blindness, deafness, psychological issues and cancer.



ALEXANDRA POWERS CELLUCCI

Cellucci was diagnosed with Neurofibromatosis type 2 (NF2) at the age of 28. In looking at her genetic history, she estimates that her family has been battling NF2 for at least a century.

Currently, Cellucci, her father and two of her sisters are battling the ravages of NF2. She has taken on the mission to fight back against NF, and has immersed herself in activities to support NF Northeast. She serves on the Coast to the Cure NF Bike Ride committee, has formed teams and participated in Falmouth Road Races, and has been a very successful fundraiser. She is dedicated to providing information and support to patients and families who are facing the NF diagnosis, and creates awareness at every opportunity, including meeting with Governor Charlie Baker during May NF Awareness Month.

Leading a healthy lifestyle and fitness has always been important to Cellucci, and in addition to teaching numerous fitness classes she is also employed as a companion caretaker with the private sector of The Norwell Visiting Nurses Agency. However, her greatest joy is spending time with her four-year-old daughter.

"I have a great deal of admiration for Alex," said NF Northeast Executive Director Karen Peluso. "She has commitment and determination and has become a truly valuable volunteer in our organization. She will bring a new level of energy to our Board of Directors."

To learn more about neurofibromatosis, visit the NF Northeast website at www.nfincne.org or call 781-272-9936.

Newport Playhouse Day Trip March 22

The Quincy Council on Aging will depart from the Kennedy Center Monday, March 22 at 9 a.m. for a day in Newport, R.I.

While in Newport, particpatns will experience beautiful Ocean Drive and then visit the Newport Playhouse for a great buffet, a wonderful play, and a fun-filled Cabaret performance.

Participants will arrive back at the Kennedy Center at approximately 6 p.m.

Cost is $89. Full payment must be made at time of registration.

For more information call the Kennedy Center at (617) 376-1506.

Abigail Ames On UVM Dean's List

Abigail Ames of Quincy has been named to the Dean's List for the fall semester at the University of Vermont in Burlington, VT.

Ames is majoring in environmental studies in the Rubenstein School of Environment and Natural Resources.

Caroline Cabral On Dean's List

Caroline Marie Cabral of Quincy is on the Dean's List for the fall semester at the College of William & Mary, Williamsburg, VA.

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WHAT'S COOKING
with
Marie & Susie
By MARIE D'OLIMPIO and SUSIE FALCO

Vanilla Coconut Pie

By MARIE

If you are a fan of vanilla pudding and coconut you will love today's recipe for vanilla coconut pie. I have enclosed today's recipe for vanilla pudding made from scratch, or of course you can always use packaged vanilla pudding.

VANILLA COCONUT PIE

Ingredients for Vanilla Pudding

¾ cup of sugar
2 tablespoons of corn starch
¼ teaspoon Salt
2 cups of milk
2 slightly beaten egg yolks or 1 well beaten egg
2 tablespoons of butter
1 teaspoon of vanilla

In a sauce pan blend sugar, corn starch and salt. Add milk , cook and stir over medium heat until thickened and bubbly. Cook and stir for two more minutes. Remove from heat. Stir a small amount of the mixture into the yolks or beaten egg. Return to the hot mixture and cook and stir two more minutes. Remove from heat blend in butter and vanilla. Set aside.

Recipe for coconut crust:

Combine 1 and ½ cups of flaked coconut and 2 tablespoons of melted butter, stir until well blended. Press into 9 inch pie plate Bake at 325 degrees for 15 minutes or until coconut is lightly golden brown set aside.

After crust is done, wait until cooled and pour vanilla pudding into the crust.

Refrigerate for at least two hours before serving.

Chocolate Chip Pumpkin Bars

By SUSIE

I hope no one is tired of pumpkin!

These pumpkin bars are super easy and really good.

Did you know that pure maple syrup contains loads of important nutrition? Regular table sugar has absolutely no benefits whatsoever. Maple syrup, however, (the darker color the better!) contains zinc, manganese, antioxidants, anti inflammatory properties, as well as it is lower on the glycemic index.

Staying away from sweeteners in general is always best, but when you are adding something like this that provides nutrition, and is far better than using regular sugar or artificial sweeteners.

CHOCOLATE CHIP PUMPKIN BARS

1/2 cup pureed pumpkin
1/2 cup maple syrup (the real kind)
2 large eggs
1 cup blanched almond flour (not almond meal) I use HONEYVILLE brand and purchase on line, it is the lightest, fluffiest, and best all around.
¼ teaspoon sea salt
½ teaspoon baking soda
1/2 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1/2 cup chocolate chips (I use Lilys brand) OR 1/2 cup dried cranberries (then they will be called cranberry pumpkin bars!)

Simply whisk well the wet ingredients in bowl. Now add the dry ingredients and mix well. Fold in chips or cranberries. Put in 8-by-8 baking pan that has been greased.

Bake at 350 until done, about 25 minutes or so but check. This time varies. It may be only 20 minutes.

YASMIN DIAZ (left), a sophomore at Saint Raphael Academy and a resident of Quincy, receives her Creative Expressions award from Andrea Velázquez, Harvard Pilgrim Health Care Foundation Program Specialist. Diaz received her award, along with $250, for an essay she wrote in honor of Dr. Martin Luther King, Jr. Harvard Pilgrim's seventh annual Martin Luther King, Jr. Brunch and Service Day was held Jan. 16th in the company's offices in Crown Colony, Quincy. *Photo Courtesy Harvard Pilgrim Health Care*

Plantings, Herbs Program Topics For Houghs Neck Garden Club

"Succulent Planting" will be the topic at the Houghs Neck Garden Club's meeting Feb. 1.

The meeting will be led by Deb Nigro, a member of the HNGC, who will lead a workshop in which members will make a small Valentine succulent plant arrangement.

On March 1st, Melissa Pace returns to the club to give a presentation on "Herbs." Pace is an award-winning horticulturalist and master gardener, who has been a presenter at numerous garden clubs and civic organizations in New England since 1995. She will explain how throughout human history, herbs have been used by all cultures in a variety of ways, including culinary, medicinal and spiritual.

The talk will look at how herbs have been used in the past and how their use can be applied to today's world. Herbs will be available to smell and taste and members and guests will be taught how best to grow them.

Both meetings will be held in the MWRA Community Room at Nut Island, second floor, 149 Sea St., starting at 7 p.m. with refreshments and a brief business meeting followed by the program at 7:30 p.m. New members are welcome.

The Club is a member of the Garden Club Federation of Massachusetts and National Garden Clubs, Inc.

To find out more about the Club visit our website at: http://hngc123.wix.com/houghsneckgardenclub/.

Jérôme Mouffe Concert Sunday At Library

Belgian guitarist Jérôme Mouffe will perform in concert Sunday, Jan. 29 at 3 p.m. at the Thomas Crane Public Library, 40 Washington St., Quincy.

The performance is part of the Thomas Crane Library's annual Winter Concerts at the Crane music series, held on Sundays in January, February, and March. This winter there is a concert scheduled every non-holiday weekend in January and February and three more Sundays in March (March 5, 12, and 26).

Mouffe is a virtuoso guitarist from Belgium who has performed for international audiences.

In May 2012, Mouffe graduated with a Doctor of Musical Arts degree from the New England Conservatory of Boston. His doctoral dissertation analyzes how collaboration between composer and soloist achieved an optimization of the guitar's capabilities in Robert Beaser's Guitar Concerto (2009). He released his debut CD—Capriccio—on the VGo Recordings label in 2009. The album features early nineteenth century virtuoso Italian music. It includes caprices by Regondi, Legnani, Castelnuovo-Tedesco and transcriptions of Paganini's famous violin capricci for solo guitar.

For more information, visit thomascranelibrary.org or call 617-376-1316.

Stress Reduction Techniques Seminar Feb. 7

Local consulting hypnotist Kathryn McGlynn will present a free educational seminar in recognition of of American Heart Month Tuesday, Feb. 7 from 6:30 to 8 p.m. at The Tam Center for Healing, 15 Cottage Ave., fifth floor, Quincy.

McGlynn will share several simple stress reduction techniques and facilitate a brief group guided-imagery relaxation session.

Heart disease is the leading cause of death in the United States. The prestigious Mayo Clinic utilizes guided imagery to help their cardiac patients harness their healing capacity. Imagery is the biological connection between the mind and body and provides effective ways to relax the body, calm the mind, and resolve stressful situations.

"Using the power of the imagination is a vital key in directing the body's own innate healing abilities," McGlynn says. "The use of imagery is simple and easy and can be done anywhere, anytime. It's similar to daydreaming, yet more focused in its intent."

McGlynn, who is also a Motivational Coach, has a private hypnosis practice in Quincy and additionally teaches numerous adult-ed hypnosis seminars in various schools, colleges, hospitals and healing centers throughout New England.

For further information about this event and to pre-register, contact McGlynn at 781-340-2146 or visit her website: http://www.hypnosis.ws.

Donations are accepted, with all proceeds going to the OCI Healing Research Foundation. OCIHRF is a non-profit organization established for education, research and the advancement of Tong Ren Healing worldwide, with the intention to develop safe and more cost effective health care.

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The Salvation Army of Quincy - 6 Baxter St., Quincy, MA 02169 - 617-472-2345

Three Residents On Emmanuel College Dean's List

Three students from Quincy are on the Dean's List for the fall semester at Emmanuel College in Boston.

They are:

Kiera Bruce, Courtney-Ann Simon and Sarah Tran.

Polycythemia Vera: Blood Cancer Signs

A Message From The Quincy Health Department

RUTH JONES

By RUTH JONES BSN, RN, BC, CP-FS

Polycythemia Vera is a blood cancer that originates in the marrow of your bones, the soft center where new blood cells grow. It is triggered by a defect in a gene called JAK2 that regulates red blood cell production.

This illness causes your marrow to make an overabundance of red blood cells, which causes your blood to get too thick. This condition puts you at higher risk for developing blood clots, a stroke, or a heart attack. The disease progresses very slowly, usually over many years. Although it can be life-threatening if you don't receive any treatment, the majority of people have a good chance of living a long life when they obtain proper care.

If you have polycythemia vera, the initial sign may be when a routine blood test reveals that you have a high number of blood cells. Your bone marrow makes three types of blood cells: red, white, and platelets. Red blood cells carry oxygen, white fight infections, and platelets clot the blood to stop bleeding. Generally people with polycythemia vera have too many red blood cells. But the disease may also cause you to have too many white blood cells and platelets. Though uncommon, parents can pass this defective gene to children. Most likely, the problem in your JAK2 gene transpired over the course of your life.

Treatment is individual and depends on your age and your particular circumstances. If you are asymptomatic, your doctor may just want to check you frequently without any treatment. It's natural to worry when you learn that you have cancer. But keep in mind that everyone is different and all cancers aren't the same. At first, you may not notice any problems. Common symptoms that develop may be:

- Headaches
- Double vision or seeing dark or blind spots that come and go
- Itching all over your body, especially after you've been in warm or hot water
- Sweating, especially at night
- Reddened face that looks like sunburn or blushing
- Weakness
- Dizziness
- Weight loss
- Shortness of breath
- Tingling or burning in your hands or feet
- Painful swelling of a joint

You may also feel pressure or fullness below the ribs on your left side. Those symptoms may be due to an enlarged spleen, which happens in some cases. Without treatment, the extra red blood cells in your veins can cause blood clots that reduce your blood flow. This makes you more likely to have a stroke and heart attack and can also cause pain (angina) in your chest.

If your doctor thinks you might have developed polycythemia vera, he/she will perform a physical exam, including examining your spleen, and may also check to see if your face is unusually red. A history of your symptoms will be done and the doctor may order some blood tests including:

- **Complete blood count** (CBC), to count the number of red blood cells, white blood cells, and platelets. An unusually high number of any of these could be a sign of polycythemia vera.
- **Blood smear**. In this test, your doctor will look at a sample of your blood through a microscope. It's a way of checking for other diseases that are sometimes linked to polycythemia vera.
- **EPO level**. This test measures how much of the hormone EPO you have in your blood. EPO tells your bone marrow to make blood cells. People who have polycythemia vera have very low levels of it.
- **You may also need to get a bone marrow biopsy**. The results can show your doctor if your bone marrow makes too many blood cells

If you do need treatment, the goal is to decrease the number of red blood cells and prevent blood clots and other complications. Treatment options include:

Phlebotomy: This is often the first treatment for polycythemia vera. This therapy, removes blood from your vein, similar to donating blood. The goal is to lower the number of your blood cells. Once completed, your blood will be thinner and flow better, and most often you will typically feel better, too. Some symptoms will improve, such as headaches or dizziness. Your doctor will decide how often you need phlebotomy therapy.

Low-dose aspirin is a simple treatment that keeps platelets from sticking together, thus making you less likely to develop blood clots, which can trigger heart attacks or strokes. Generally people with polycythemia vera get this treatment.

Medicine to lower blood cells: If you need more than phlebotomy and aspirin, your doctor may prescribe hydroxyurea, a pill that lowers your red blood count and relieves symptoms.

Another drug, interferon alfa, helps the immune system cut back on making blood cells. The drug Ruxolitinib (Jakafi) is approved for use in people who don't improve on hydroxyurea or experience side effects from it.

Self-help measures to keep yourself comfortable and as healthy as possible include:

1. Don't smoke or chew tobacco. Tobacco makes blood vessels narrow, which increase the risk of blood clots.

2. Include some daily light exercise, such as walking, to improve your circulation and keep your heart healthy.

3. Bathe or shower in cool water if warm water causes itching.

4. Keep your skin moist with lotion, and try not to scratch.

Although there's no cure, treatment allows you to manage this disease for many years. Though extremely rare, polycythemia vera may lead to acute leukemia or myelofibrosis, which are also blood diseases but are more severe. However, with good care and proper treatment, you can still live a long an active life.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

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Domestic Violence Ended

DOVE HAS SEVERAL SUPPORT & EDUCATION GROUPS COMING UP

Quincy

Healthy Communication and Boundaries
Facilitators: Lindsay and Stephanie
Thursdays 12noon–1:30pm (No Child Care Provided)
January 26–March 2 (6 weeks)
Interested Clients can call the intake line at 617-770-4065 x 122

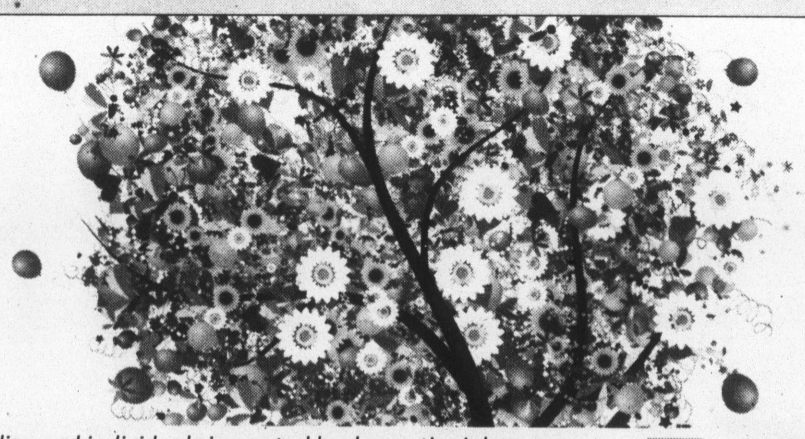
DV 101 Group – *Child Care Provided*
Facilitator: Brianna
Tuesdays 6pm–7:30pm
February 21–April 25 (10 weeks)
Interested Clients can call the intake line at 617-770-4065 x 122

Healthy Communication and Boundaries
(same as above but a new cycle)
Facilitators: Lindsay and Stephanie
Thursdays 12noon–1:30pm (No Child Care Provided)
March 23–April 13 (6 weeks)
Interested Clients can call the intake line at 617-770-4065 x 122

Lesbian, Gay, Bisexual, Transgender, & Queer Survivors of Domestic Violence Support Group
Facilitator: Lindsay
Last Wednesday of every month 6pm–7:30pm (No Child Care Provided)
January 25, February 22, March 29, April 26,
May 31, June 28
Interested Clients can call the intake line at 617-770-4065 x 122

Randolph

Support Group in Haitian Creole
Facilitator: Katheline
Thursdays 6pm–7:30pm (No Child Care Provided)
February 2–March 23 (8 weeks)
Interested Clients can call Katheline 617-831-8326



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CHARLES CARBONNEAU, 77, of Quincy, was feeling much improved when "Are You OK?" coordinator Cheryl Bambery visited him in Milton Hospital and gave him a Norfolk Sheriff's Office hat last week. Carbonneau received medical attention after he had fallen in his home and was having trouble breathing. The sheriff's "Are You OK?" program summoned emergency medical help for him. *Photo Courtesy Norfolk County Sheriff's Department*

Sheriff Bellotti's 'Are You OK?' Rescues Quincy Man Who Lay Helpless On His Floor

A 77-year-old Quincy man was resting comfortably at an area hospital after Sheriff Michael G. Bellotti's "Are You OK?" program summoned emergency medical help for him because he had fallen in his home and was having trouble breathing.

"We are so glad this gentleman was enrolled in our program so we could get him help when he needed it most," Sheriff Bellotti said. "The emergency medical professionals who responded did a great job. The "Are You OK?" program saves lives."

The 77-year-old gentleman, Charles Carbonneau, said he was feeling much better and was grateful for the help he received through the "Are You OK?" program.

Each morning, 365 days a year, a representative from the Norfolk Sheriff's Office telephones approximately 200 people enrolled in the program to ask, "Are you OK?" If the person fails to answer the call or otherwise indicates he or she is not feeling well, the program officer can call 911.

The program is free—of-charge to residents of Norfolk County.

"Sometimes we discover people have fallen and hurt themselves. Sometimes they simply don't feel well," Sheriff Bellotti said. "This program provides a layer of protection and security for elderly people, especially those living alone."

Since Sheriff Bellotti introduced "Are You OK?" in Norfolk County in 2001, the program has summoned emergency help for more than 150 people. In addition to directly serving the people enrolled in the program, "Are You OK?" provides peace-of-mind to relatives and loved ones of our elderly citizens.

People interested in signing up for the program or learning more about it should call the Norfolk Sheriff's Office at 866-900-7865 (RUOK).

Six On Saint Anselm Dean's List

Six students from Quincy are listed on the Dean's List for the fall semester at Saint Anselm College in Manchester, N.H.

They are:

Lauren Carter, Class of 2019, nursing; Shane Ceurvels, 2017, economics; Erin Koehler, 2018, nursing; Stephan Maranian, 2018, environmental science; Miquela Murray, 2020, forensic science; and Bridget Wahlberg, 2018, communication.

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JENNIFER KERN RIZZO (right), of Quincy, president of the South Shore Realtors Association, with presenter Ed Gerety at the association's recent Member Appreciation event. *Photo Courtesy South Shore Realtors Association*

South Shore Realtors Encouraged To Dream Big

The inspiring environment at the Inly School, a private Montessori school in Scituate, was the setting of the South Shore Realtors member appreciation event "Dream Big" featuring successful entrepreneur, author, and top rated motivational speaker, Ed Gerety.

South Shore Realtors, formerly Plymouth and South Shore Association of Realtors (PASS), is a 2,900 member Realtor® Trade Association with members serving communities from Quincy to Plymouth. The association offers its members a mix of business and real estate educational courses, programs and seminars to provide them with business essentials to keep them at the forefront of real estate and industry fundamentals, topics and trends.

The association's Young Professional's Network and Membership and Networking Committee collaborated to provide this program free to Association members in appreciation of member's efforts to protect home ownership and raise the level of professionalism in the industry.

Gerety marched members through exercises and key principles to make this year a success. Members dissected everything from body language to the spoken language to effectively deal with people and unexpected changes and challenges in life and business.

"Learning the mechanics of our job is different than learning to grow and go further than we think we can and this seminar focused on the big picture," said South Shore Realtors President Jennifer Kern Rizzo of Quincy.

Realtors across the South Shore belong to the South Shore Realtors and strive to increase their competitive edge with education to fulfill their professional goals and better serve their clients. For more information, call 781-826-5139.

Public Schools Kindergarten Registration March 7

Quincy Public Schools' Kindergarten Registration for the 2017–2018 school year will be held Tuesday, March 7, 2017 from 9 a.m. to 2 p.m. at all elementary schools.

Children do not need to attend registration; a screening date will be scheduled for May as part of the registration process.

Children who will be 5 years of age on or before Aug. 31, 2017 are eligible to attend kindergarten in 2017-2018 and should be registered at their home school. Those who are unsure of their home school should check the QPS Street Directory found under Parent Links on the main page of the Quincy Public Schools website, www.quincypublicschools.com.

Students seeking open enrollment must be registered at their home school.

Children who attend the Pre-Kindergarten program at either the Snug Harbor Community School or the Amelio Della Chiesa Early Childhood Center do not need to register for kindergarten.

The following documents must be produced in order for a student to be registered:

- Child's birth certificate (with a raised seal)
- Proof that the child resides in the home school district (any two: tax bill, utility bill, mortgage statement, 1099 or W-4 form)
- Photo I.D. of the adult seeking to enroll the student
- Copy of a recent (within one year) physical examination by a physician
- Written records of immunizations

Parents and guardians may access the required forms for registration on the QPS website, www.quincypublicschools.com. On the main page, Kindergarten Registration is found under Parent Links. Scroll down to access the link to the registration packet.

Questions regarding the Kindergarten program may be directed to the home school principal. Those who do not feel comfortable filling out the necessary forms can bring someone to assist them.

Valentine Luncheon

The Quincy Council on Aging will hold a Valentine luncheon at the Kennedy Center on Tuesday, Feb. 14th at 12:30 p.m.

Entertainment will be provided by the Senior Tones.

Tickets to this event are available at the Kennedy Center, 440 East Squantum St.

For more information call (617) 376-1506.

$172,000 Transfer Bridges School Budget Shortfall

By TOM GORMAN

School officials have bridged a budget shortfall by transferring $172,000 of available funds to the cover four positions in the salary lines in this year's operating budget.

The school committee on Jan. 11 approved the transfer that will keep a full-time nurse through the rest of the school year and cover a technology technician and two teaching positions that were not budgeted for this year. The two teachers were hired just before the start of the school year to address high class sizes.

The funding came from the teen mothers program that was dissolved last year due to no participants. School Supt. Dr. Richard DeCristofaro explained that Mayor Thomas Koch signed off on the available funds for distribution to cover the deficit.

"At the last budget subcommittee, we talked of a 2.4 position deficit due to class sizes as well as looking at the nursing position that came over from Quincy Teen Mothers Program that we will fund the rest of the school year," DeCristofaro said.

The superintendent noted a portion of the nurse's salary will allow her to assist "unaccompanied and homeless youth" including teen mothers if needed in addition to her regular nursing duties.

The two teaching positions – a Beechwood Knoll kindergarten teacher and a grade one teacher at Squantum School – in addition to a part-time middle school technology technician resulted in a $112,000 budget deficit since these were added after this school year's spending plan was approved.

If the full-time nursing position were to continue through the end of the school year in June, the deficit would have been about $150,000. Initially, the nursing position was to end in December, but DeCristofaro wanted to keep it for the rest of the year split between Central Middle School and Marshall Elementary School due to high enrollments.

In another matter, school officials are continuing the preparation for the new MCAS 2.0 exam that will be administered this spring. Fourth and eighth grade students will take the test online and within the next couple of years, it will be taken on computer by all grades.

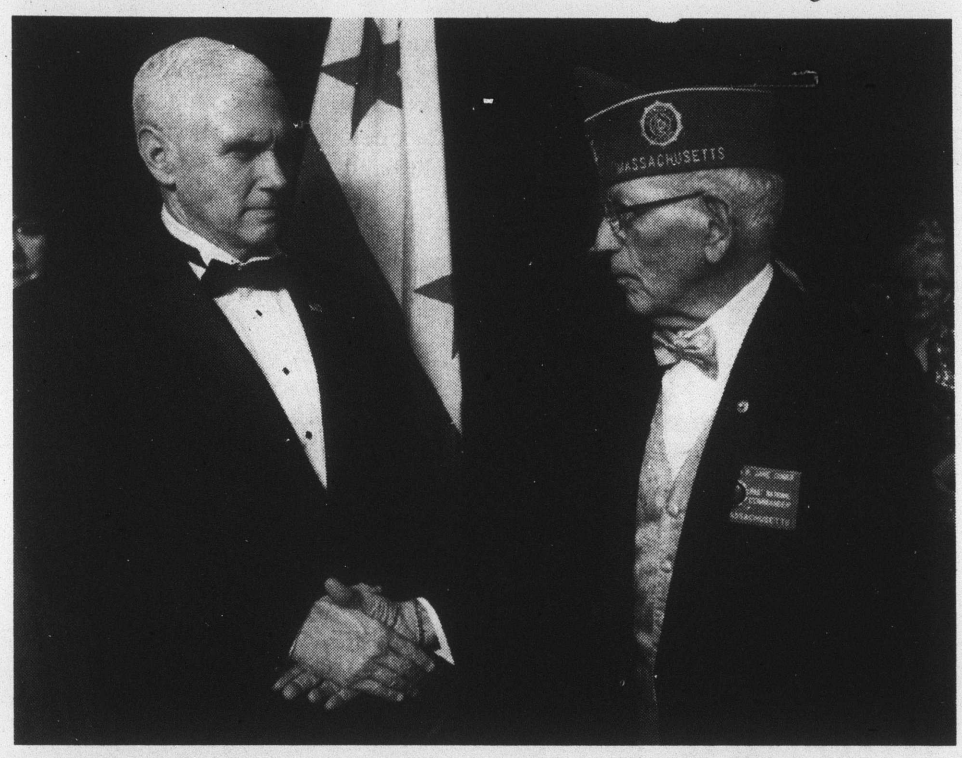
School officials met with the Citywide PTO last month to discuss the new exam that requires more critical thinking and is technology-heavy. Details of the presentation and about the MCAS 2.0 exam are available on the district's website.

State education officials were considering replacing the MCAS exam with the PARCC exam, the latter that is based on the national Common Core standards. However, the state decided against scrapping the MCAS and combined features of both the MCAS and PARCC into the new hybrid, MCAS 2.0.

The district's director of middle school curriculum, Madeline Roy, told the committee that teams have been formed in each school to oversee preparation for both teachers and students. She also said support is being offered to students who are struggling with technology to help them be prepared for the exam.

In other business, DeCristofaro informed the committee that construction documents for the new Sterling Middle School construction project have been completed and submitted to the Massachusetts School Building Authority (MSBA). He also said alternative locations for physical education is being looked at for Sterling students next fall since the school's gym will not be available due to the construction project that will begin this summer.

DeCristofaro added that the Squantum School statement of interest proposing an upgrade project has been refreshed with the MSBA. He noted that through the accelerated repair program, new boilers will be installed this summer at Beechwood, Atherton Hough, Wollaston and Merrymount schools. Additionally, Beechwood will be getting new windows, doors and a roof under the program.



QUINCY RESIDENT John (Jake) Comer, past national commander, The American Legion, shakes hands with Vice President Mike Pence at the American Legion Ball following Inauguration ceremonies Jan. 20 in Washington, D.C.

Photo Courtesy Clay Lomneth/The American Legion

Comer Attends Inaugural Festivities

Cont'd From Page 1

commanders," he said. "It was great."

On Friday – the day of the inauguration – Comer watched the ceremony from a private suite in a hotel with other members of the American Legion. Comer said he did so because the weather that day in Washington was cold and dreary, and because watching it from the hotel would let him see more of the event – including the arrival of Trump family members and other dignitaries – than if he had been on the National Mall, based on his experience at the 1989 ceremony.

"It was much better than watching it from [the National Mall]," he said.

That evening, Comer attended the Veterans Inaugural Ball hosted by the American Legion at the Renaissance Hotel. The Veterans Inaugural Ball began in 1953 for the swearing-in of Dwight D. Eisenhower and is the longest-running veterans ball, Comer said. Thirty-four Medal of Honor recipients attended the event; the American Legion paid for all their expenses.

It was at the Veteran Inaugural Ball where Comer met and chatted briefly with Pence backstage before the vice president made his appearance. Comer said Pence was familiar with the American Legion – the organization is headquartered in Indianapolis, where Pence worked for four years as governor of Indiana - and the two mostly made small talk.

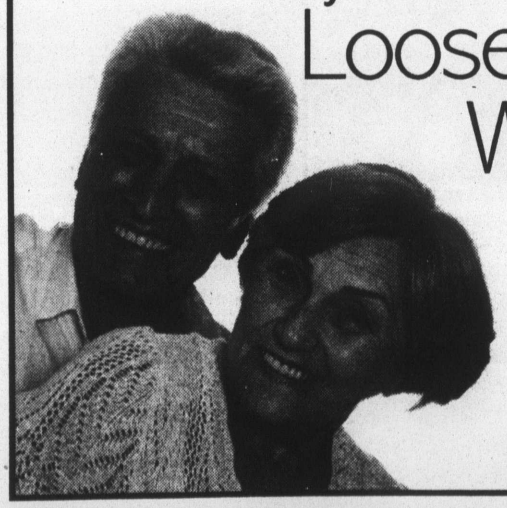
"The vice president said he was very privileged and pleased to be with the Medal of Honor recipients," Comer said.

Comer also met the ball's emcee, comedian and "The Price is Right" host Drew Carey. Carey served in the Marine Corps Reserve for six years.

Trump did not attend the American Legion ball; he attended the Liberty Ball and the Salute to Our Armed Services Ball.

While in Washington, Comer said he also spoke with David Shulkin, Trump's pick to serve as the secretary of veterans affairs. Shulkin, a physician, was previously serving as the department's undersecretary for health under then President Barack Obama. Comer met with Shulkin once before – about two months ago, prior to Trump tabbing him as the veterans affairs secretary.

Comer said he was 'very pleased' when Trump nominated Shulkin for the post because he is committed to keeping the VA hospital system open and cutting down on wait times for disabled veterans seeking care – two areas the American Legion wants to see addressed.



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The Honor of Your Presence
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The State of the City

By

The Honorable Thomas P. Koch
Mayor of Quincy

Tuesday, January 31, 2017
At 7:00 p.m.

In The Great Hall

James R. McIntyre Government Center
1305 Hancock Street

Council OKs Plan For High-Rise Apartment Building

Cont'd From Page 1

the city would sell a 13,526 square foot parcel of land on a corner of the Hancock Lot adjacent to Dennis Ryan Parkway to Peter O'Connell, a Quincy developer whose other projects include Marina Bay and State Street South. The city will receive $940,000 – the parcel's appraised value – for the land.

O'Connell plans to construct Chestnut Place – a 15-story, 124-unit luxury apartment building with 4,200 square feet of retail space on the first floor – on site. City officials are optimistic work on the building can begin this fall, but several steps remain before the project becomes a reality.

The Massachusetts Department of Housing and Community Development needs to gives its blessing to the LDA approved by the City Council Monday night. DHCD's review of the agreement is expected to take about a month.

The council must also approve plans and financing for a 600- to 700-car garage on the Hancock Lot, as well as the acquisition of land at 23 and 31 Cottage Ave. where a new city park would be built. Both votes could be taken in the coming months.

The LDA makes O'Connell responsible for constructing the garage and the new park at the corner of Cottage Avenue. The developer would lease 126 spaces inside the garage for tenants living at Chestnut Place – the amount paid over the life of the lease would equal the cost to construct those spaces.

The Planning Board needs to approve a certificate of consistency for the Chestnut Place plan; the board will review the proposal this spring. O'Connell will be able to close on the 13,526 square foot parcel once a building permit is in place and he has secured financing – city officials have said he intends to seek financing from the U.S. Department of Housing and Urban Development.

Construction of Chestnut Place and the garage could be finished by early 2019, according to a timeline city officials presented to the council in December.

Under the city's agreement with O'Connell, the developer will not pay property taxes on the Chestnut Place parcel but would pay the city 10 percent of all gross revenue generated by the project. William Geary, Koch's special counsel for downtown development, said payments to the city under the agreement will exceed those Quincy could have received from the maximum project the market would support without such incentives – a six-story building with 48 residential units and ground-level retail.

"[Residents] want to make sure anything we're doing downtown doesn't constitute a tax giveaway," Geary said. "The agreements will ensure that that doesn't happen."

Koch thanked the council for its deliberations and work on the LDA over the past two months in a statement Tuesday.

"It's another important step forward in creating the vibrant, thriving downtown that this city deserves," the mayor said of the council's vote.

"There is plenty of work to do, and there will always be bumps in the road, (but) we are making real, tangible progress every single day," Koch said. "I'm grateful for the thoughtful deliberations and hard work of the City Council in moving this landmark project forward."

In 2020 – the third year of the 40-year agreement – Geary said the city expects to receive $251,785 in total payments from Chestnut Place. The 48-unit building supportable by the market would pay an estimated $180,918 in property taxes that year.

The following year – when the city expects Chestnut Place to be fully leased out – the payments to the city would climb to $412,476. The property tax revenue from the 48-unit market-supported building would be an estimated $185,441 that year.

Geary said the city's revenue from Chestnut Place would exceed that of a market-supported development throughout the remainder of the 40-year agreement. In 2057, the final year of the deal, payments from Chestnut Place are expected to surpass $1 million – more than twice the $451,091 in property taxes anticipated from the hypothetical 48-unit building.

Even if O'Connell were unable to make the 10 percent payments, Geary said the city would still be made whole for its basic costs – including the developer's share of the parking garage.

"Our whole approach to this was to make certain that at the very least – if everything went wrong – the city would be made whole and at the very most, the city would prosper according to the prosperity of this project," Geary said.

The sale price for the land is also based on a 48-unit development supportable by the market. The appraiser, the Foster Company of Leominster, valued the land at $1.97 million and gave the developer credit for the costs associated with constructing and maintaining the public park on Cottage Avenue for 40 years. Those costs exceed $1 million, bringing the appraised value down to $940,000.

Geary compared the money Quincy would receive from the Chestnut Place land sale to two others in Quincy Center in recent years. The Temple Beth El site at 999 Hancock St. – which includes 94,000 square feet of land – sold for $2.09 million, and 26,000 square feet of land at 22 Mechanic Street sold for $1.07 million.

Jim Shea, an attorney retained to represent the City Council on downtown matters, said the LDA includes several provisions to protect the city. If the developer were unable to secure financing for a high-rise building he could not construct a smaller building on site, Shea said, and the city would be able to keep control of the land if no development went forward.

O'Connell would also be barred from selling the site until he receives an occupancy certificate, and the city would receive a portion of the net proceeds if the project were sold or refinanced over the 40-year term of the tax incentive agreement.

Councillor Joseph Finn said the agreement with O'Connell does not represent any type of giveaway on the city's behalf given the risks associated with high-rise construction. A high-rise building made of steel, he added, is something residents want to see in Quincy Center compared to wood-framed structures already under construction elsewhere in the downtown.

"Everybody said 'wood structures – we don't want wood structures downtown, we want this particular type of building,'" Finn said.

"This is putting into place that very reality and it represents in many respects…an anchor to hopefully draw additional people to commit to invest."

Councillor Noel DiBona said a wide-variety of people have expressed an interest in living in Quincy Center. West of Chestnut opened in two phases last year and 139 of 169 apartments there have already

Cont'd On Page 28

Swim, Dive Teams Down Pembroke

Each registering its first victory, the Quincy (1-5) girls swimming and diving team defeated host Pembroke 57-41, and North Quincy girls (1-4) bested Pembroke 54-38 Jan. 19th in the Percy Walker Pool in Duxbury. QNQ boys team (2-4) prevailed 71-52.

In back-to-back events, Bailee Carey took home gold winning the 50-yard freestyle (27.69) and the one-meter dive event where she amassed 242.15 points. Five of her six dives had a degree of difficulty over 2.1 as the senior earned a score of six or better 11 times. She anchored both the 200 medley relay joining senior Kayla Ahrens, and juniors Tammy Ma, and Kat Casey for first (2:22.63); and the 200 free relay (2:03.07) teaming up with sophomore Eni Daci, freshman Alison Cahill, and sophomore Kumi Devalla for another first.

Quincy won seven of the first nine events finishing one-two in five of those. Another four-event winner was Casey who won the 200 free (2:44.97), 100 butterfly (1:28.74), and her 400 freestyle relay with junior Julie Hong, Kumi Devalla, and Tammy Ma clocked the event's fastest time of 4:51.60. Ma swam a lightening quick 100 breaststroke (1:24.65), and Kayla Ahrens' time of 1:25.83 in the 100 backstroke bested the field.

North Quincy prevailed in eight of the 11 events they had entered capturing the top-two spots three times. Senior captain Danielle O'Driscoll won the 100 butterfly (1:23.69) and

More Sports Pages 18 - 23

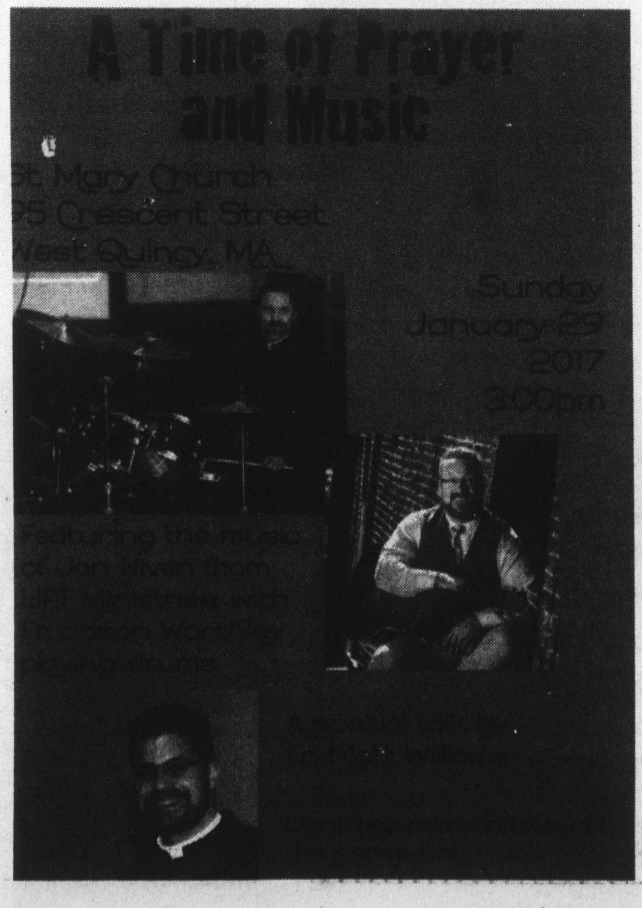
two events later the grueling 500 freestyle (7:34.50), and joined teammates sophomores Anastasia Zygouras and Juliana Chieng and senior captain Stephanie MacFarland for first in the 200 medley relay (2:25.46). Chieng also teamed with junior Julia Klincewicz, freshman Amaryllis Gu and Zygouras for first in the 200 freestyle relay; and individually, touched the wall first in the 50 free (27.18). Junior Brenna Kirby won the 200 free (2:46.05), and Zygouras then Gu earned first in the 100 backstroke (1:34.63) and 100 breaststroke (1:29.33) events, respectively.

Quincy/North Quincy boys swept the top-three spots in each of the sprint freestyle events. Sophomores Kenny Ng (NQ) and Kevin Warner (Q), and freshman Brendon Lee (NQ) finished first (26.45), second (27.19) and third (28.00) in the 50 freestyle then senior Thomas Tran (Q) swam a victorious 54.84 in the 100 free followed by Ng at 1:01.11 and Lee at 1:03.13. Tran joined freshman Stanley Chen (NQ), Jian Kun Zhang (NQ), and Ng for first in the 200 medley relay (1:56.73). Zhang prevailed in the 200 individual medley (2:11.81) and the 100 butterfly (57.16), and Tran's 1:05.39 effort in the 100 breaststroke topped the field. Kevin Warner finished first in the 500 freestyle (6:21.36) and joined sophomore Adam Tlacxolal (NQ), Tran and Zhang to clock the 400 freestyle relay's top time of 4:13.44.

Montclair/ Wollaston Meeting Feb. 2

The Montclair/Wollaston Neighborhood Association will meet Thursday, Feb. 2 at 7:30 p.m., at the Good Shepherd Lutheran Church, 308 West Squantum St.

All are welcome to attend.



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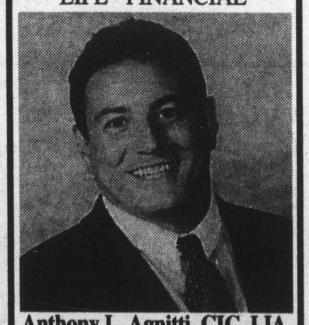

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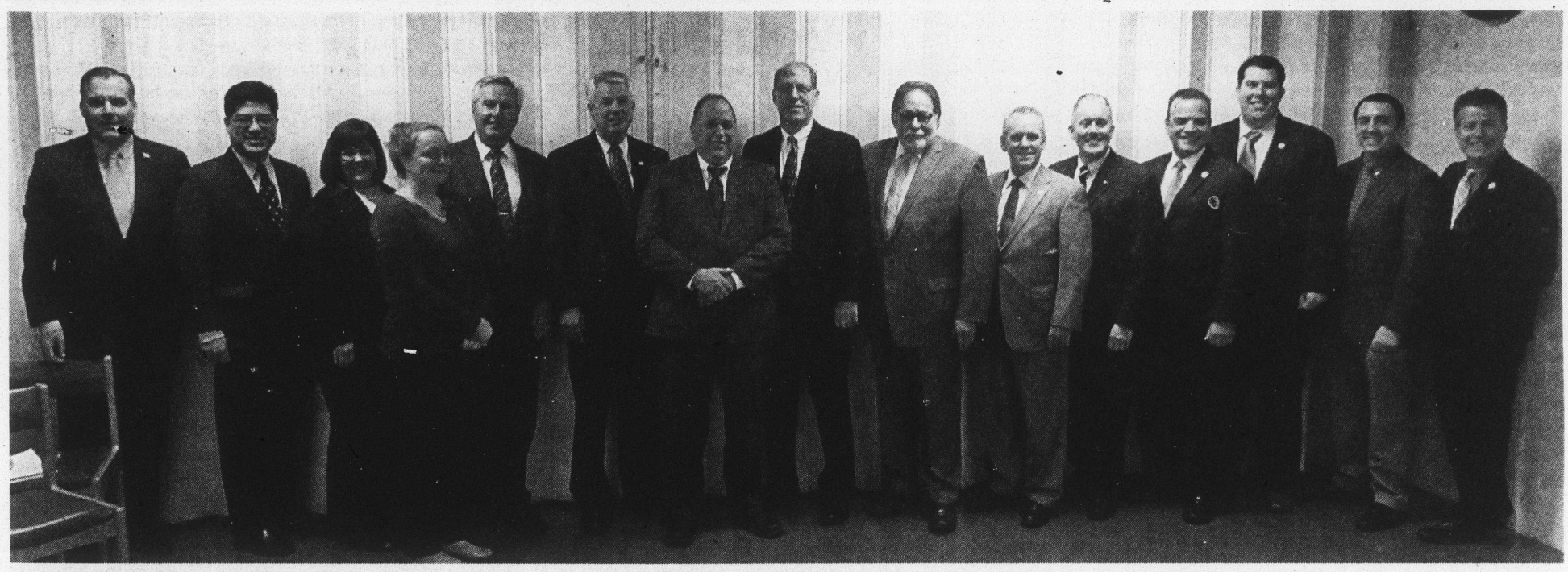

NORFOLK SHERIFF'S OFFICE recently welcomed members of the county's legislative delegation for an informational visit to the correctional center. From left to right: Sen. James Timilty, Rep. Tackey Chan, Assistant Supt. Mary Kelley, Paige Halloran of Rep. James Murphy's office, Rep. Bruce Ayers, Sen. John Keenan, Sheriff Bellotti, Rep. Bill Galvin, Rep. Louis Kafka, Rep. Jeff Roy, Sen. Mike Rush, Rep. Paul McMurtry, Rep. William Driscoll, Chris Marino of Sen. Karen Spilka's office and Sen. Walter Timilty. *Photo Courtesy Norfolk County Sheriff's Office*

Sheriff Bellotti Welcomes Lawmakers To Tour Of County Jail

The Norfolk Sheriff's Office recently welcomed members of the county's legislative delegation for an informational visit to the correctional center in Dedham.

"We are fortunate to have such a dedicated and capable group of legislators representing this region in the House and Senate. It was our privilege here at the Norfolk Sheriff's Office to take our guests through the facility, introduce them to our staff and discuss the programs we have developed to reduce crime and address drug abuse in our communities," Sheriff Michael Bellotti said.

Among the legislators who attended the Jan. 18 discussion and tour were Sen. John Keenan, Sen. James Timilty, Sen. Mike Rush, Sen. Walter Timilty, Rep. Jeff Roy, Rep. Tackey Chan, Rep. Bruce Ayers, Rep. Louis Kafka, Rep. Bill Galvin, Rep. Paul McMurtry and Rep. William Driscoll. Sen. Karen Spilka and Rep. James Murphy were unable to attend, but sent staff members in their place.

"Offenders come to us because they committed crimes, and they must serve their time," Bellotti said. But we also recognize that all of these men are someone's son or husband or father or brother. They will return to our communities when they leave the jail. We must do our best to keep them from committing additional crimes.

"We could not do our work without the support of the Legislature," he added. "So it was great to have the senators and representatives join us at the jail so they could see first-hand the results of their efforts."

Healthy Heart Topic At Kennedy Center

Heart disease is the number one killer of both women and men in the United States.

Each year, 500,000 Americans die of heart disease, and approximately half of them are women. The good news is that you have a lot of power to protect and improve your heart health.

Join Ruth Jones, BSN, RN, BC, CP-FS, director of Nursing, Quincy Health Department, at the Kennedy Center on Thursday, Feb. 16 at 10 a.m. to discuss your risk of heart disease and the steps you can take to prevent it.

Registration is required for this event. To register call the Kennedy Center at (617) 376-1506.

11 Quincy Students On Fitchburg Dean's List

Eleven students from Quincy attending Fitchburg State University are on the Dean's List for the fall semester.

They are:

Marguerite E. Belcher, Stanley H. Deng, Nicole A. Lee, Kathryn E. McGroarty, Andrew E. Minton, Hailey M. Naistadt, Timothy M. Nazzaro, Nghia T. Nguyen, Michael W. Nurmi Jr., John A. Pino, Yoki S. Weng.

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Local Programming Highlights on ... QATV
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Public Access Channel 8

Thursday, January 26
9:00pm: In the Spotlight: Mayor Koch
9:30pm: Scituate @ North Quincy Girls BB 1/13

Friday, January 27
10:00pm: Constitution: Then & Now
11:00pm: QATV Classics: Turning Point

Saturday, January 28
9:30pm: Free Our Voices: Int'l Day of Peace Part II
10:00pm: Whispers from the Other Side

Sunday, January 29
3:30pm: Sound Advice
4:30pm: Pembroke @ North Quincy Girls BB 1/20

Monday, January 30
6:00am: AM Quincy w/Joe Catalano (audio)
11:30am: LIVE: Currently in Quincy

Tuesday, January 31
8:30pm: Perspectives: Updates
9:00pm: Media Advisory: QPD Ceremony

Wednesday, February 1
8:00pm: Currently in Quincy The Interviews: Ep12
8:30pm: Crime Watch: Fitness & Health Clubs

Government Access Channel 11

Thursday, January 26
12:00pm: City Council & Ordinance 1/23
7:00pm: AM Quincy: License Board Update
8:00pm: AM Quincy: Nina Liang

Friday, January 27
7:00pm: AM Quincy: Brad Croall
7:30pm: In the Spotlight: Mayor Koch
8:00pm: QATV Classics: QRD TV Workshop 04
8:30pm: Media Advisory: QPD Ceremony

Saturday/Sunday, January 28/29
12:00pm: City Council & Ordinance 1/23
3:00pm: At the Library Concert: Kate Kayaian
4:00pm: AM Quincy: Brad Croall
5:30pm: AM Quincy: License Board Update
7:00pm: City Council & Ordinance 1/23

Monday, January 30
6:00pm: Crime Watch: Fitness & Health Clubs

Tuesday, January 31
7:00pm: LIVE: State of the City Address

Wednesday, February 1
12:00pm: State of the City Address
6:00pm: FYI: QHD Heptitis C

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

All Are Welcome
St. Agatha School

Open House
Sunday, January 29, 2017
10:00 AM-12:00PM
Ages 3 through Grade 8
440 Adams Street Milton ~ Quincy
617-696-3548
admissions@stagathaparish.org

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Sunday, Jan. 15, at approximately 1:20 a.m., Officers Joseph Cox and Sean McCormack were on preventive patrol in the area of Revel Nightclub, standing by while patrons exited the establishment and disbursed from the parking area. The Revel Nightclub attracts large crowds during evening hours and they often congregate in the surrounding area once the establishment closes.

Officers assigned to this area are ultimately in place to quell disturbances and assist Revel Nightclub Staff during closing. Although the nightclub was now closed and most of the patrons had left the area, the officers attention were drawn to a small group of people yelling and banging on a side door, attempting to reenter the establishment. The officers encountered the group, told them the club was closed and sent them on their way.

The group, instead of leaving, moved to a corner of the parking lot to a vehicle and continued to be excessively loud. The officers again approached the group and asked them to leave the area. The group complied, as five of the individuals walked away and one male entered a silver sedan while yelling to the others to get into the vehicle with him. From a distance of approximately 20 feet, Officer Cox ordered the male to leave the area.

As the officers walked back to their vehicles, the male in the vehicle drove towards his friends who were walking away from him. He then stopped and began beeping his horn while yelling out his window for an extended period of time. It appeared the male was agitated that his friends were walking away from him. Officer Cox again approached the driver and told him to leave because it appeared that his friends did not want to ride with him. The male said, "OK, I don't want any problems," and then made a U-turn driving south on Parkingway towards Walter J. Hannon Parkway.

At this point, the male drew the attention of the officers a fourth time, as he stopped at the intersection of Parkingway and Walter J. Hannon Parkway and again began beeping his horn repeatedly. He then made an abrupt right hand turn onto Walter J. Hannon Parkway, towards Burgin Parkway.

Upon looking in the area, the officers did not see any other vehicles or pedestrians. Seconds later, with the suspect vehicle out of sight, the officers heard three to four distinct pops that through their training and experience they recognized as gun shots. Officer Cox radioed the incident to Quincy Police Communications and drove in the direction of gun shot sounds.

LT. DAN MINTON

After searching the area, Officer Cox came across the male's vehicle traveling northbound on Newport Avenue. With blue overhead lights on, the officer attempted to conduct a motor vehicle stop, at which time the male accelerated and drove off. The male took a very abrupt left turn onto Lincoln Avenue as Officer Cox radioed Quincy Police Communications that he located the suspect and was trying to stop him on Lincoln Avenue. The suspect turned onto Winthrop Avenue, to Marion Street and then lost the officer. Multiple officers responded to the area along with several State Police troopers.

Due to multiple officers in the area, the suspect was easily relocated as he sped down Grandview Avenue, striking a parked vehicle causing significant damage. After the collision, the suspect drove off for a short distance until one of the tires fell off as a result of damage incurred from the accident. Officer Daniel Parisi was first to encounter the suspect and with the assistance of numerous officers, the suspect was handcuffed and then transported to the station for booking.

While attempting to be booked, the suspect made multiple admissions that he was extremely intoxicated. Officer Cox inspected the interior of the suspect vehicle and found a silver revolver sitting atop the steering wheel. The vehicle and revolver were photographed prior to disrupting the interior of the vehicle. Once photographed, the revolver was removed, made safe by unloading and then placed into a gun evidence box. The ammunition contents of the revolver were one live round and four empty shell casings.

Officer Cox recognized the smell of freshly ignited gun powder as if the revolver had just been used. The revolver's serial number had been scratched at to the point that it left marks and discoloration on the metal. The serial number of the revolver was entered into a CJIS query, which returned a result of no ownership and no stolen record. During booking it was discovered that the suspect did not possess a MA FID or LTC, and that his license to operate a motor vehicle was suspended.

Given the suspect's proximity to the area to the gun shot noise, his agitated and unreasonable behavior towards his friends, the fact that there were no other cars in the area of the gun shot noise, the revolver discovered in plain view in his vehicle, the smell that the revolver had just been used, the 4 empty shell casings coinciding with the number of gun shot noises heard, his evasive/fleeing efforts, speeding and unsafe operation in the motor vehicle pursuit, not possessing an FID or LTC, the fact that he was operating after suspension, the fact that he did not attempt to take responsibility for the parked motor vehicle he struck, and his admissions of intoxication during booking, the officer formed probable cause to charge the suspect, a 26-year-old Weymouth resident, was charged with unlawful possession of a firearm, unlawful possession of ammunition, discharging a firearm with 500 feet of a dwelling/building in use, defacing the serial number of a firearm, operating under the influence of liquor, negligent operation of a motor vehicle, failure to stop when signaled, speeding, operating after suspension and leaving the scene of property damage."

The suspect refused his right to a breathalyzer test, and was notified of the 180-day license suspension period thereafter. The suspect's jacket and shirt were seized as evidence to be processed for gun powder residue.

Nice Work!

❑

REMINDER: to use left or right directional signal BEFORE braking to make the turn and before turning. Advance notice to drivers around you will help prevent being in an accident.

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Dec. 31 – Jan. 13
ARRESTS: 20
TOTAL CALLS: 955
STOLEN MOTOR VEHICLES: 1

FRIDAY, JAN. 13

ARMED ROBBERY, 12:01 a.m., Newbury Ave. States his father came home and was robbed by a black male. Took $200. Unable to ascertain where it occurred, but it happened in Quincy. Light-skinned black male, with brown puffy jacket and medium length hair, fled up Hollis Ave. after showing handgun and stealing cash.

BREAKING AND ENTERING, 5:16 a.m., Fat Cat, 24 Chestnut St. Caller arrived at restaurant to open up and saw someone run out. The person's face was covered so he was unable to provide description. Also unable to provide direction of travel. Only further description is green jacket. Was masked as previously reported.

LARCENY, 6:12 a.m., 29 Hancock St. Hotel guest claiming something was taken from room.

BREAKING AND ENTERING, 9:55 p.m., Northfield Ave. Dwelling under construction.

LARCENY, 10:24 a.m., Stop & Shop, 65 Newport Ave. States she had her prescription medication and it went missing, possibly when she was at Stop & Shop.

VANDALISM/PROPERTY, 9:14 p.m., Commander Shea Blvd. Daughter was driving on Victory Road when someone threw something through rear window, causing it to break. Victim does not have offender info.

SATURDAY, JAN. 14

VANDALISM/PROPERTY, 1:04 a.m., Hancock Lot, 50 Revere Rd. Right rear tire slashed. No suspect info.

MOTOR VEHICLE LARCENY, 9:42 a.m., Elm Ave. Happened overnight sometime. Later determined no theft occurred.

ASSAULT AND BATTERY, 11:31 p.m., Crane Library, 40 Washington St. Male party sleeping on middle floor, pill bottle next to him. Warrant located. Also charged with A&B on a police officer, disorderly and resisting unrest.

ATTEMPTED BREAKING AND ENTERING, 8:18 p.m., Bicknell St. Caller just chased an unknown male out of her apartment. He is a 5'5" white male wearing a Bruins shirt and a ball cap. He entered through an unlocked door.

SUNDAY, JAN. 15

BREAKING AND ENTERING, 8:02 a.m., Squanto Rd. Woke up to find wallets and computer missing.

LARCENY, 8:52 a.m., Billings St. Rings taken from apartment; has suspect info. Party did not see other person take ring. Officer will try to make contact with suspect.

LARCENY, 9:53 a.m., E. Squantum St. Cash taken from apartment from ex-boyfriend. Also EBT card and MA drivers license.

LARCENY, 11:04 a.m., South St. Plow stolen from caller's truck.

BREAKING AND ENTERING, 12:16 p.m., Cleverly Ct. From rooming house.

BREAKING AND ENTERING, 7:16 p.m., 73 Bicknell St. Male was in his apartment, unknown to caller, fled on foot. Man was 5'10" – caller had not other info because room was dark and he was unable to make out any other characteristics.

MONDAY, JAN. 16

LARCENY, 11:13 a.m., Alrick Rd. Medication.

LARCENY, 11:25 a.m., Gannett Rd. Coins. Party unsure if items were stolen or if relative has them. Will check and return if necessary.

BREAKING AND ENTERING, 12:25 p.m., Rockland St. Tools taken from trailer at home construction site.

LARCENY, 5:56 p.m., Kelly's Cellar, 1546 Hancock St. Pocketbook stolen Jan. 13. Caller already canceled her credit cards.

TUESDAY, JAN. 17

ASSAULT AND BATTERY, 1:14 a.m., McDonald's, 473 Southern Arty. Person grabbed the employee's finger and her arm and then scratched it. Small black SUV. Black female in rear of vehicle wearing a white t-shirt. Vehicle stopped at Quincy Shore Dr. and Shore Ave. Involved party was advised and sent on way.

VANDALISM/PROPERTY, 9:40 a.m., Sumner St. Plate glass windows.

BREAKING AND ENTERING, 4:19 p.m., Spring Ter. Reporting party working on vacant home found back door kicked in and several of his tools gone.

ATTEMPTED BREAKING AND ENTERING, 6:29 p.m., Orchard St. Window was damaged. Past incident.

VANDALISM/PROPERTY, 9:54 p.m., 101 Adams St. Side of the building was spray painted.

LARCENY, 9:59 p.m., Stop & Shop, 65 Newport Ave. Someone stole her wallet while she was shopping.

WEDNESDAY, JAN. 18

VANDALISM/PROPERTY, 8:21 a.m., 285 Whitwell St. Four-story building tagged with Nazi signs.

BREAKING AND ENTERING, 11:57 a.m., Stoughton St.

ASSAULT AND BATTERY, 2:50 p.m., Quincy Center Post Office, 47 Washington St. Customer spat on postal worker. Complaint for A&B.

LARCENY, 4:14 p.m., 23 E. Elm Ave. Student had laptop stolen.

VANDALISM/PROPERTY, 4:59 p.m., State Street Bank & Trust, 4:59 p.m., 1776 Heritage Dr. Building was spray painted.

LARCENY, 6:33 p.m., Friendly's, 699 Hancock St. Walked out without paying the bill.

LARCENY, 7:19 p.m., 12 Granite St. iPhone. No suspect info. Tracking phone with app. Caller came into lobby – phone was found and returned to him.

THURSDAY, JAN. 19

VANDALISM/PROPERTY, 1:28 p.m., Glover Ave. Car's rear window smashed. Happened Jan. 13. Caller returned from vacation and wanted it on record.

ARMED ROBBERY, 6:48 p.m., Jackson St. 28-year-old white male in work boots with a Quincy hoody and black jacket. Left in a dark SUV, maybe green, possibly a Ford Explorer. Pointed gun at caller's girlfriend. Witness and victim read show up card and positively IDed a photo.

LARCENY, 10:09 p.m., Fayette St. Package stolen Dec. 20.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: Elm Ave.

❑

CAR BREAKS: Parke Ave., Centre St., Virginia Rd., Elm St., Greystone St., Taffrail Rd

❑

BREAKS AND ATTEMPTED BREAKS: Spring Ter., Northfield Ave., Bicknell St., Squanto Rd., Cleverly Ct., Rockland St., Stoughton St

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug Hot-Line at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755.**

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

Real Estate

Quincy Real Estate Transactions January 17 - January 20

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Plata Family Realty Trust	Wei Xi & Xiu Ying Zhou	$304,900.00	90 Quincy Shore Drive Unit 101
Mary S. Vassalli; John A. & William H. Shaw	William H. Shaw	$300,000.00	197 Hobart Street
Hamilton 1025 LLC	Yiping Fan	$285,000.00	1025 Hancock Street Unit 13M
Thomas J. Quinn	Neil J. Quinn	$175,000.00	26 Lansdowne Street
Newbury Realty Company	Yacubian Family Trust II	$575,000.00	833 Quincy Shore Drive
James J. Cotter	Kidder Street LLC	$305,000.00	23-25 Kidder Street
Rosalind A. Cuschera	Nguyen X. Lai	$500,000.00	308 Sea Street
Lind Street Realty Trust	Diane P. Halpin	$579,000.00	71 Lind Street
Taruna Sharma	Richard M. D'Isidoro	$234,000.00	115 West Squantum Street Unit 204
Kam F. & Qiping C. Fong	Feng Q. Zeng & Yi Jiang	$670,000.00	55 Vane Street
Daniel J. & Patricia B. Gillis	Tammy Tran	$535,000.00	934 Furnace Brook Parkway
Li C. & Fat S. Yau	Andy Z. & Angie M. Yau	$500,000.00	11 Granger Street
Binh O. Lam	William F. Burke	$445,000.00	28 Rice Road
Robert H. & Rhealynne Almquist	Quincy Development Group LLC	$725,000.00	29 Hoover Avenue
Richard W. & Teresa A.S. Lovell	Robert Bono	$165,000.00	15 Bower Road Unit C-3
Shixiong & Xiangrong Wang; Jing Zhang	Clistenes Menezes-Odell	$270,000.00	115 West Squantum Street Unit 1204
65 Cleverly Court LLC	Oi Ling Wong Revocable Family Trust	$428,000.00	65 Cleverly Court Unit 4
John R. & Patricia M. Palmieri	All People RE Investment LLC	$625,000.00	1-3 Trafford Street
Marsney Realty Trust	Erin M. Croke	$280,000.00	57 Bay State Road
John L. & Eve T. Nguyen	Toi D. Pham & Thi M. Tran	$445,000.00	155 Independence Avenue
Cynthia J. Chenette	Cherilyn J. MacPherson	$269,900.00	20 Fensmere Avenue
Norma L. & Ralph W. Davis, Jr. Wollaston Avenue Realty Trust	Yong Z. Liu & Qui F. Zeng	$599,999.00	18 Wollaston Avenue Unit F
Glenn E. Peterson; Christopher H. & Leanne M. Baker	David & Francine M. Atkinson	$320,000.00	20 Pelican Road
David LLC	Carlos Cajina & Maryori Carmona	$595,000.00	80 Furnace Brook Parkway

O'Donnell Highlights Year 2016 At Norfolk Registry Of Deeds

"It was a year where history came alive, consumer milestones were reached and legislative successes were achieved," said Register William P. O'Donnell referring to the Norfolk County of Deeds operation in 2016.

O'Donnell said the year 2016 was an extraordinarily busy time for the Registry of Deeds when it came to real estate transactions. The Registry collected more than $55 million dollars in revenue and recorded more than 160,000 transactions, including processing approximately 12,500 homestead applications, a 4 percent increase from 2015.

The Registry in 2016 also hit a couple of milestones. The first was its completion of its 34,000th book of land transactions. "Today for the sake of security and convenience," noted O'Donnell, "we maintain documents in three forms: hard copy, electronically and on microfilm and our materials are backed up and stored three different ways."

On the consumer front, the Registry reached its 500th subscriber milestone for its Consumer Notification Program. The free program allows any county resident to opt in and be alerted when any document is recorded against their name. To sign-up, see the Registry's website at: www.norfolkdeeeds.org.

One of the programs brought online last year that the Registry is quite proud of is its "History Comes Alive" transcription project. The initiative, the first of its kind for a New England Registry, makes land recorded documents written in the 18th and 19th centuries in the old cursive handwriting style much easier to read by converting the words to text.

Registry officials called this program "a great breakthrough for historical commissions and societies as well as genealogists who want to trace their family's history." Famed historian David McCullough sent a note to the Register O'Donnell expressing his belief that this project was "a large and important contribution."

O'Donnell noted that

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MountainOne Unifies Branding Of Divisions

MountainOne Financial, the parent company of MountainOne Bank and three additional financial service divisions, has rebranded each of its divisions under the MountainOne name, announces President and Chief Executive Officer Robert Fraser.

"For nearly two decades, the individual companies of MountainOne have worked together to successfully build a complete portfolio of banking, insurance, and investment services in the Berkshires and throughout our region," Fraser said. "In 2013, our banking division began using the MountainOne name, and it's now time for our insurance and investment divisions to take this important step, as well."

As of Jan. 1, 2017, MountainOne's insurance agencies, Coakley, Pierpan, Dolan & Collins (CPDC) and True North Insurance, have joined under the name MountainOne Insurance. Together, these agencies provide personal and business insurance, bonding services and group benefits solutions. Jonathan Denmark, who has been president and chief operating officer of CPDC, will serve as president and COO of MountainOne Insurance.

In addition, MountainOne division True North Financial, which provides individual investment services and group financial benefits plans, has become MountainOne Investments, with Linda Levesque continuing as chief operating officer.

"By simplifying our identity under the MountainOne name, we not only clarify to our customers and to the public who we are, but we also express the value of the combined services we can provide," Fraser said. "We are proud to be the only Berkshire County-based community bank offering comprehensive financial solutions under one roof."

CPDC has been serving clients in the Berkshires and surrounding region since 1927. In 1997, True North spun off from CPDC, as an independent firm that allowed both agencies to serve their customers with greater specialization. Denmark, who joined MountainOne in 2015, has been instrumental in bringing the insurance agencies together under one common name. Denmark stated, "We are maintaining the strong tradition of exceptional customer service these agencies have provided for so many years, while looking to the future and our growth together under the MountainOne name."

Denmark further noted, "Customers were notified of the name change in mid-November, and there is nothing they need to do. The MountainOne staff will remain the same, and all MountainOne services will continue uninterrupted."

Tips For The Safe Removal Of Snow

With the cold weather here, many people will have to clear snow with snow blowers or shovels from driveways and sidewalks.

Snow blowers are efficient when clearing large amounts of snow, but they can be dangerous when used incorrectly.

Amica Insurance shares the following tips from the U.S. Consumer Product Safety Commission for the proper use of snow blowers:

• When removing wet snow or debris from the blower, turn off the engine and use a long stick to unclog it. Always keep hands and feet away from moving parts.

• Don't run the machine in enclosed spaces.

• Make sure to only refuel the blower outdoors, and never add gasoline to a running or hot engine. Keep gas in a capped container, and store it outside the house and away from sources of ignition.

• If using an electric blower, always keep an eye on the power cord.

Shoveling, meanwhile, is a strenuous activity that should only be performed by those who are physically fit. Amica is sharing additional safety tips for shoveling from the American Red Cross:

• Wear multiple layers of light clothing, instead of one heavy coat.

• Warm up muscles and take plenty of breaks to avoid strains.

• Drink plenty of fluids. Even though it's cold out, dehydration can still be an issue.

• Keep a cellphone with you in case of a fall, a cardiac emergency, etc.

• Use sand, salt or an ice melt on walkways to help avoid slips and falls.

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Turn The Tide – Save The Mill

'Friends Of Souther Tide Mill'

By DOUGLAS MORRILL
President
Friends of the Souther Tide Mill

Part 1 Goal & Vision

Have you ever wondered about that old wooden building on the Southern Artery near Town River? It's the old Souther Tide Mill, and our group's goal is to renovate the historic gristmill and to provide a visitor experience with educational programs for the community. We will partner with the city to ensure an historic industrial building for future generations. We will act as stewards for the site and maintain a safe and enjoyable experience for all visitors. We will provide financial stability for the operation of the mill.

The mill will advance Quincy's heritage and benefit its tourism economy. Southern Artery needs an anchor for tourism, and I say the mill is that anchor. We will restore and create an authentic operative gristmill by grinding corn with interpretive educational programs for the public. We will also exhibit through interpretation the lumber and shipbuilding industry that once operated on the site. Our goal is to preserve, stabilize, and maintain all historic features on the property. We aim to welcome people for their enjoyment of the mill property, with scenic views of the restored marsh on the Town River and with wildlife abounding.

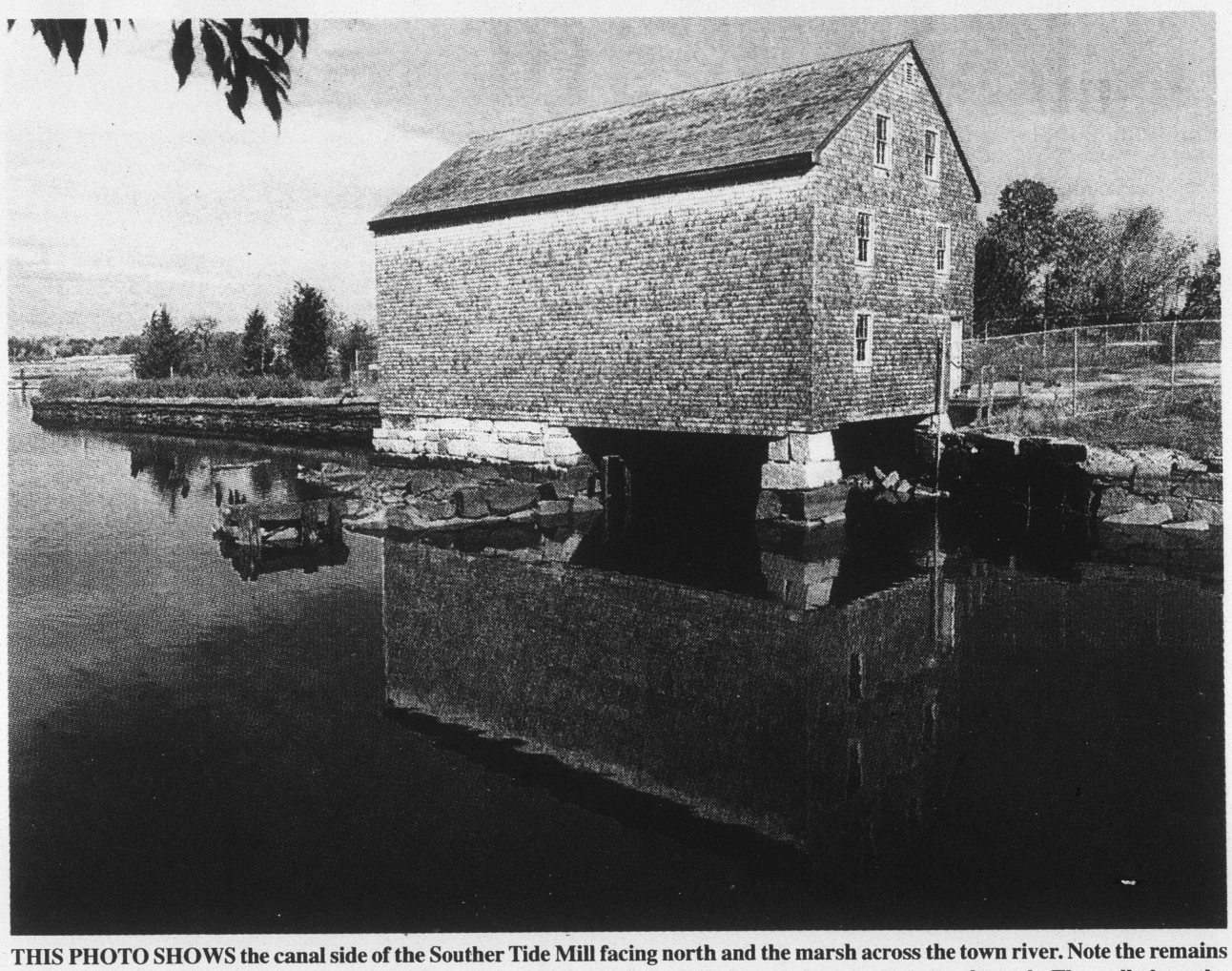
Part 2 Important Site

The site is important because it supported one of Quincy's earliest gristmills as well as the town's early commerce on the waterfront for the new town of Quincy, which was established in 1792. The site supported a gristmill, sawmill, working shipyard, and brickyard. The site was located on the Quincy canal, which reached into the heart of the town dock. The town dock provided a hub for exports and imports for the town of Quincy. This was the main port for citizens to receive any exports or imports from other states and countries. The exports were brought on to the Souther wharves (dock/pier) to be loaded aboard schooners and ships for export.

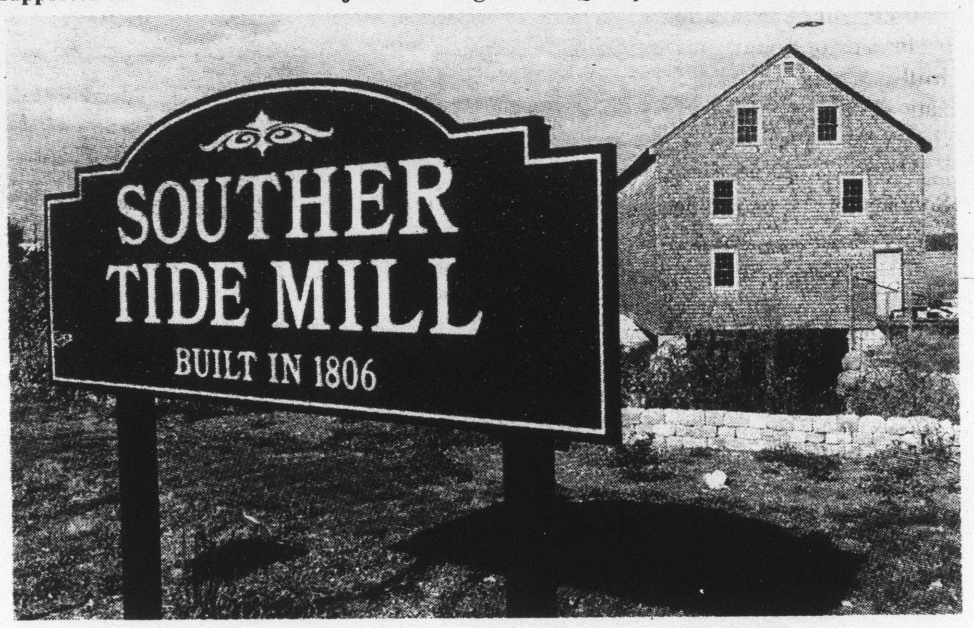
The Souther Tide Mill is on a list of one of the state's most endangered historical sites. It needs our protection.

Part 3 History

Let me set the scene for you. It is 1792. George Washington is president. Our nation has begun. Quincy is known as a town. In 1800, the area where the tide mill is to be built, is surrounded by salt marsh and meadows. By 1806, the tide mill is operational. It is located on the town canal built by Ebenezer Thayer. The town has traditional roots with mills in the 17th century when it was part of the town of Braintree. The canal system flows from the mouth of the Town River, heading west to the town dock. The town dock is located at the Hingham and Quincy Turnpike (Washington Street now). In 1814, Ebenezer Thayer sells the property to David Stetson. In 1815, Stetson sells the property to John Souther, a shipwright from Hingham. He establishes the Souther Shipyard on the property and builds 20 vessels between 1815 and 1851. He is a prominent leader in Quincy's industrial and business circles and with town government. He is a representative, selectman, assessor, overseer, and legislator in the town. He dies in 1878.



THIS PHOTO SHOWS the canal side of the Souther Tide Mill facing north and the marsh across the town river. Note the remains of the support island which allowed inspection of the gate in the dam that allowed the water to pass through. The wall along the river shows the foundation that supported the wharf which was adjacent to the grist mill. *Quincy Sun Photos/Robert Bosworth*



THE SIGN was a gift from the " Friends Souther Tide Mill." The building faces south on the Southern Artery. The building is shown in the 1850's reconstruction period.

The mill has its first fire in 1846. The mill is rebuilt by 1851 by John Souther's son Henry. Henry Souther modernizes the business, making it the most advanced gristmill in the state using an invention of Oliver Evans, an engineer and inventor. Quincy enjoys great prosperity between the 1820s and 1880s. Quincy has become a commercial waterfront from imports and exports at the tide mill properties. It is in the late 1880s that the mill stops its grinding operation, and the stones become silent. Operating with water power gives way to the power of steam that now drives millstones and other mechanical equipment.

John Souther's grandson, Francis Lincoln Souther, is the first Union soldier from Quincy to be killed at the Battle of Big Bethel in Virginia in June of 1861, and by some accounts the first Union soldier to die in battle in the Civil War. He is buried at Mount Wollaston Cemetery in Quincy.

In the 1880s the Southers sell the property to the Joseph Loud Company. This company in turn sells the property to Benjamin Johnson Lumber Company. They then sell it to Curtis and Pope Lumber Company. In 1912, the Quincy Lumber Company is established and assumes ownership of the tide mill properties. In 1983, the property ceases industrial operations on the site.

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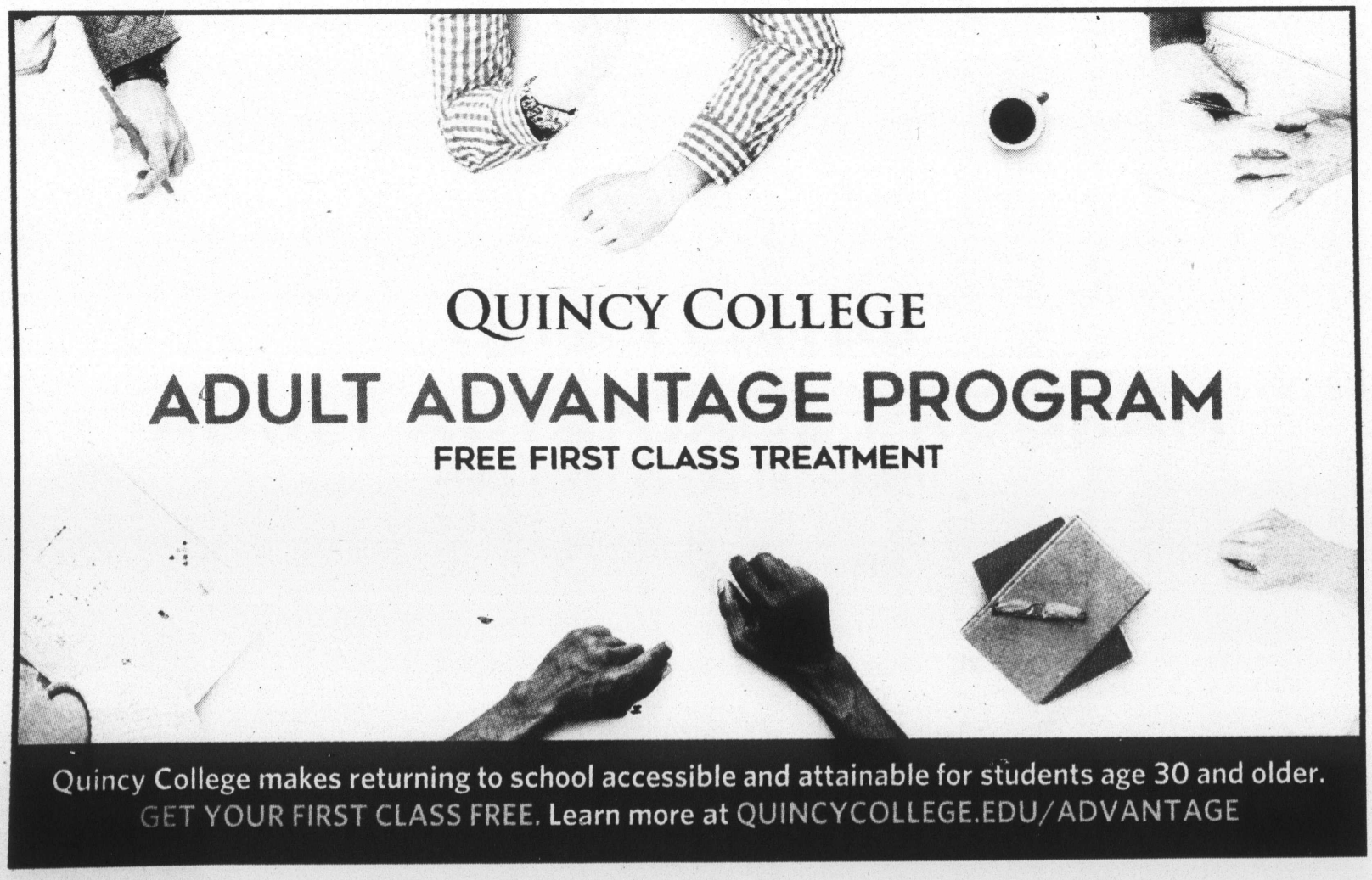

Turn The Tide – Save The Souther Tide Mill

Con't From Page 16

The Souther Tide Mill is the last of four tide mills known to have been built in Quincy. It is one of the last of four surviving tide mills in the United States. Until the 2007 fire, it was the only mill that contained a gristmill and sawmill in the entire United States. The mill's structure today contains timber from the 1806 building and timber from the 1850 rebuild. The fires of 1985, 1988, and 2007 lost most of the buildings on the site. Thanks to the Quincy Fire Department, the gristmill was saved. The gristmill remains the last building on the site and the most important building standing. We cannot afford to lose this building. It would truly be a tragedy. The Friends evolved from a restoration project in 1995 and officially became a non-profit in 2001.

Part 4 Our Organization

Friends of Souther Tide Mill is a non-profit organization with a 501(c)3 certificate. The Friends has been issued a Certificate for Solicitation endorsement approved by the Commonwealth of Massachusetts Attorney General's Division of Public Charities. We have established with Massachusetts Historic Commission (MHC) grants for matching funds. MHC approved us for a Determination of Eligibility for listing with the National Register of Historic Places. We have international and regional membership with the Tide Mill Institute, Society for the Preservation Of Old Mills, or SPOOM (with a Miller's Certificate and hands-on training). We have a working relationship with other mills and numerous relationships with other operating mills throughout the United States and other countries.

The Friends have been supported with funds and donations from members of the Souther Tide Mill, public donations, Quincy Community Preservation Committee, Massachusetts Historic Commission, and the generosity of Jay Cashman, Inc.

We are always seeking membership to help support the Souther Tide Mill. A gift of any amount towards the mill will help ensure our goal for restoration of the mill. Your support today will help guarantee the tide mill continues to thrive and remain a historically preserved site to enrich the history for citizens of the United States and elsewhere for generations to come. With your support, we have been

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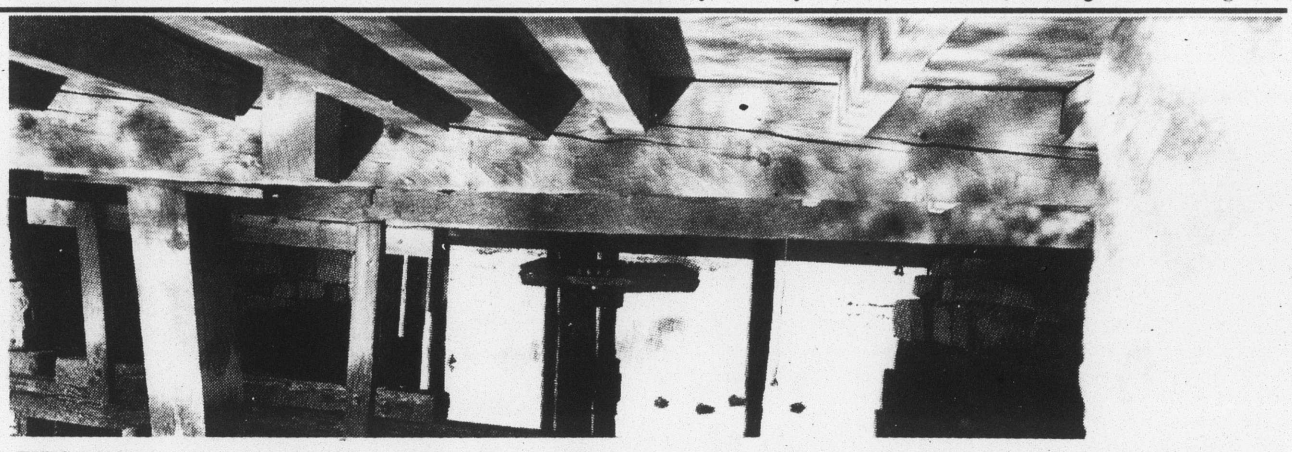


THIS PHOTO SHOWS under the building with the original power shaft with a cast iron metal gear mounted at the top of the shaft that connects to the mill stone on the first floor. At the other end of the shaft is a tub wheel. The water would strike and turn a horizontal waterwheel that would power millstones and other machines. Note the support beams from the 1850 reconstruction. The stones are from the 1803 - 1807 period. The head gate with a rebuilt wooden floodgate and sluice to direct the water needs to be rebuild and restored. *Quincy Sun Photos/Robert Bosworth*

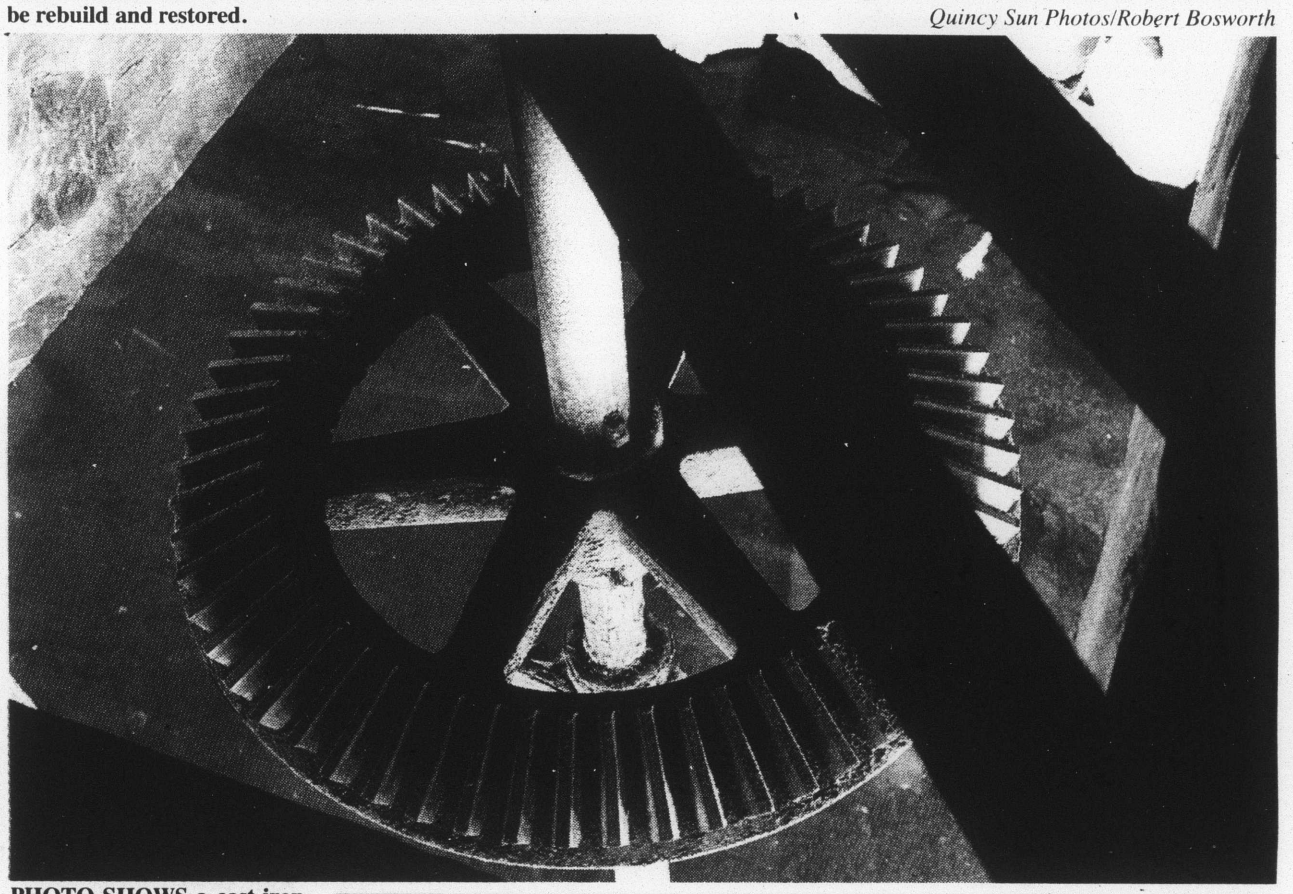
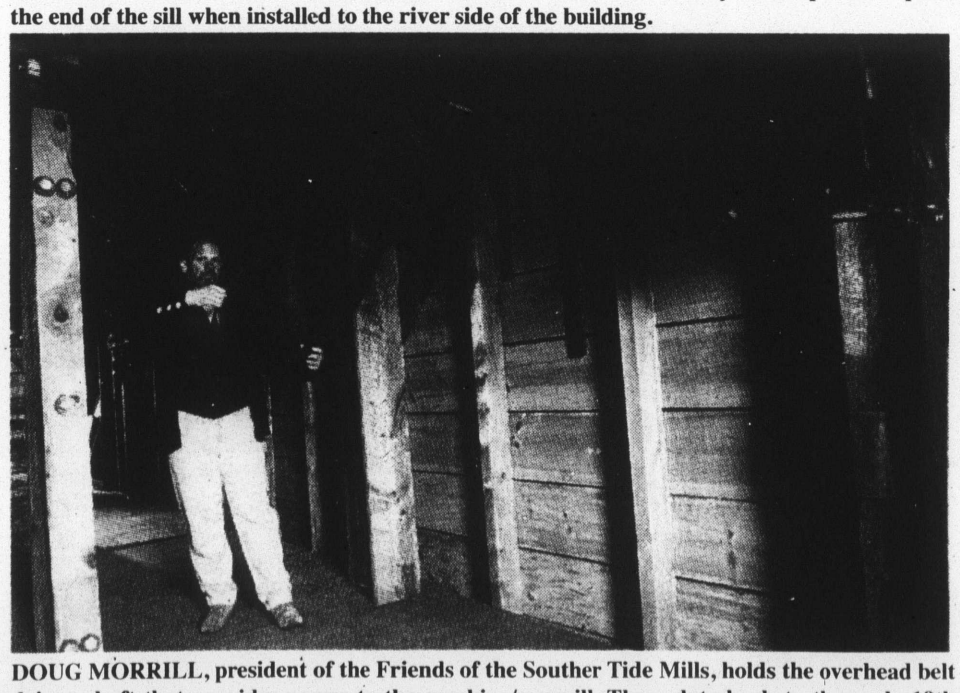


PHOTO SHOWS a cast iron metal gear connected to the shaft. A another metal gear that is missing would be horizontal to this gear - which in turn would help in rotating the mill stone located on the platform on the first floor.

ORIGINAL POST BEAM construction is shown in this photo. Note the original sill plate with the word " River" carved into the sill. This would have been marked by the carpenter to place the end of the sill when installed to the river side of the building.



DOUG MORRILL, president of the Friends of the Souther Tide Mills, holds the overhead belt driven shaft that provides power to the machine/sawmill. These date back to the early 19th century when the building was a lumber mill.

Quincy Wrestling Pins NQ In City Rivalry Match

The Quincy High School varsity wrestling team had its best effort of the season last Wednesday night at the North Quincy High School gym in its annual rivalry match with the Red Raiders.

While the Presidents are not having a banner season (4-13), much of their lack of success can be attributed to their inability to have wrestlers in all 14 weight classes.

In the match-up with North Quincy, the Presidents got off to a rousing start as Junior Robert Buttomer at 120 lbs. pinned Ben Nutting in the second period followed by classmate Kenny Dong's first period pin of John Costello at 126.

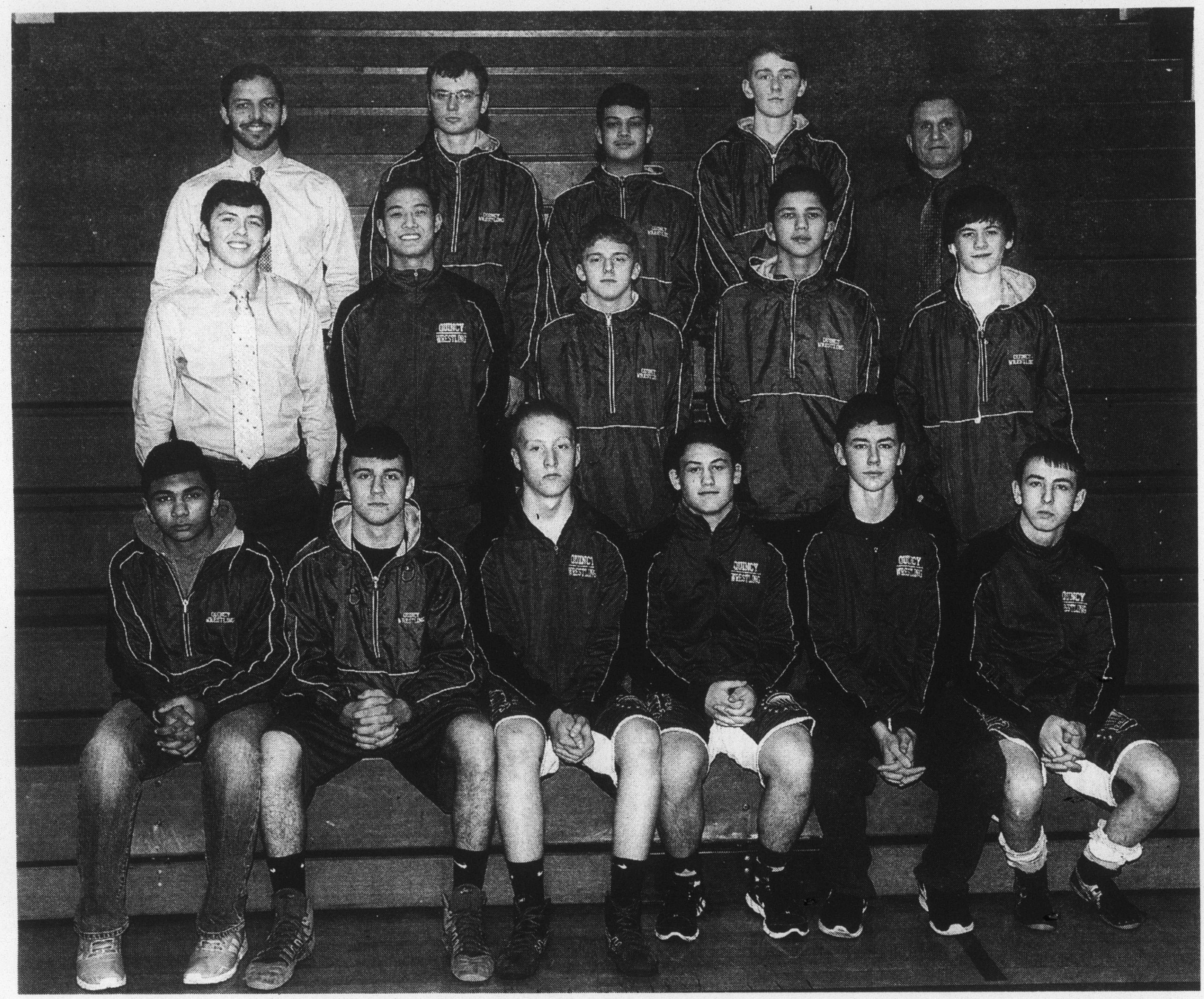
Combined with two early North Quincy forfeits at the 106 lb. and 113 lb. weight classes, that gave Quincy an early 24-0 lead. The key matches of the night occurred at the 132 lb. weight class and the 145 lb. weight class.

Quincy sent out freshman Kevin Miranda against North Quincy's Brendan Ganno in a match that could have gone either way. Ganno took an early lead but Miranda took control in the third period and recorded a pin with time running out for a key victory.

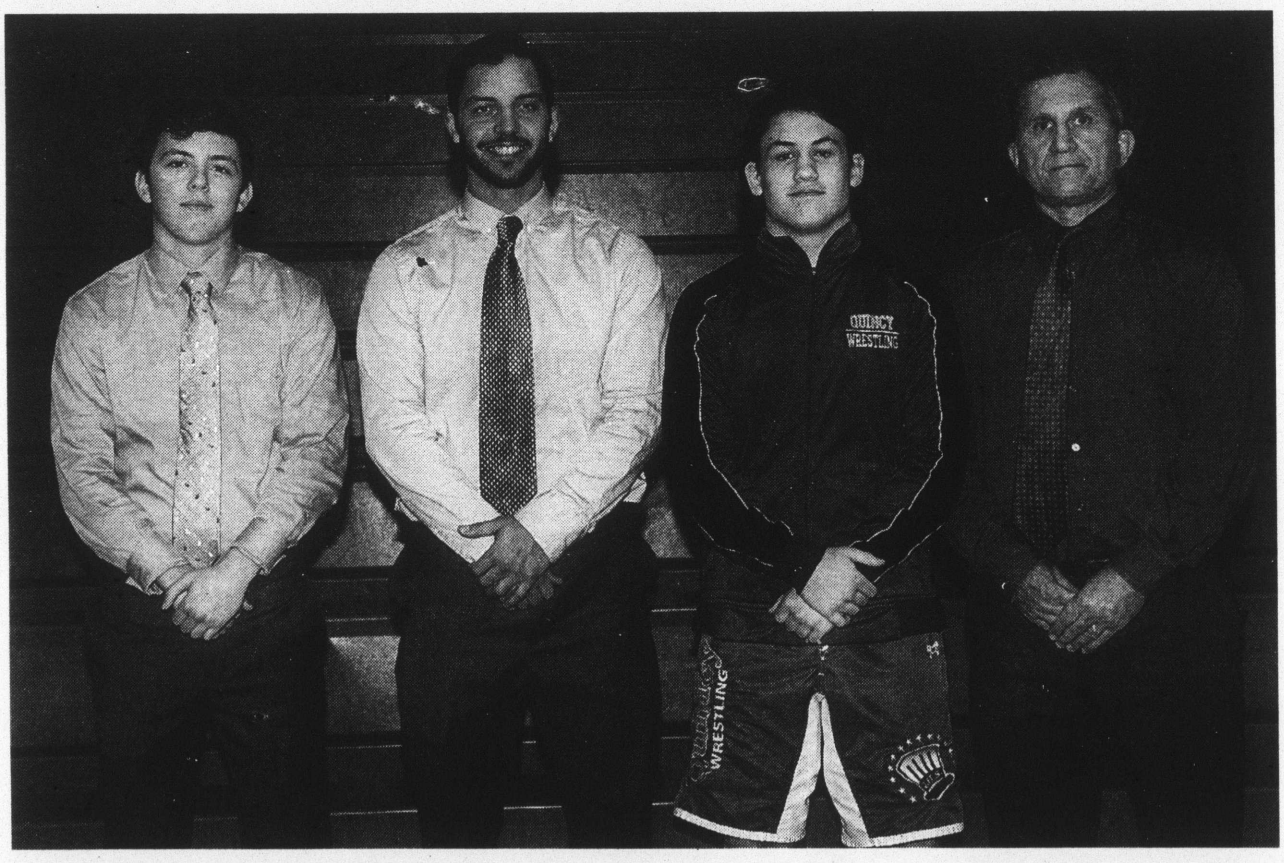
After another North Quincy forfeit at 138, Junior John Kelly and North's Nick Halak engaged in a similar match to the 132 lb. match with Halak taking a one-point lead into the final period. Kelly then recorded a reversal and pin to give Quincy a 42-0 lead in the match.

After Senior Tom Koch, Jr. recorded North's first points with a pin in the first period of Quincy's Brandon Palmarin at 152 lbs., Quincy responded with junior Corey Shaw's 11-1 major decision over North's Alex Pham at 160 lbs. and Junior Captain Ryan Warner's first period pin of NQ's Curran Speedman at 170 lbs. Both Quincy wrestlers had "bumped up" a weight class to cover a hole in the lineup at the upper weight and secured the victory for the Presidents as North Quincy ended the meet with four forfeit wins at 182, 195, 220 and heavyweight. The final was Quincy 52 - North Quincy 30 but both Quincy Coach Lou Venturelli and North Quincy Coach Mark Nutley knew this one came down to a few key matches in the middle weights.

Despite the team record, Coach Venturelli and Assistant Coaches Camilo Arredondo and Peter Orseno (volunteer, QHS Class of 2016) said several wrestlers have a shot at post-season accolades.



QUINCY HIGH SCHOOL varsity wrestling team. Front row (from left to right) Yusuf Masood, Corey Shaw, John Kelly, Ryan Warner, James Robinson and Rob Buttomer. Middle row: Assistant Coach Peter Orseno, Kenny Dong, Grant Ward, Kevin Miranda and Joe McGahan. Back row: Assistant Coach Camilo Arredondo, Andrew Nickerson, Brandon Palmarin, Alan Van Gorder and Head Coach Lou Venturelli. *Quincy Sun Photos/Robert Bosworth*



QUINCY WRESTLING COACHES and team captain. From left: Assistant Coach Peter Orseno, Assistanty Coach Camilo Arredondo, Captain Ryan Warner and Head Coach Lou Venturelli.

Junior Robert Buttomer at 120 lbs. has posted a very impressive 20-5 overall record and placed fourth last season at 113 lbs. (qualifying him for the state tournament). He is hoping to improve on that this season.

Sophomore Grant Ward at 113 lbs. came to QHS this year from B.C. High in his freshman season (where he placed fourth in the Sectional Tournament at 106 lbs.) and has impressed the coaching staff with his work ethic in posting 19 wins this season thus far in addition to a very impressive sixth place in the highly regarded Marshfield Holiday Tournament where 37 schools competed for six medals in each weight class.

"Grant is working very hard at his technique this season and despite a recent thumb injury, he has continued to improve his wrestling skills. He has been a key addition to the team," said Venturelli. "I have to give a ton of credit to Camilo and Peter this year for a different approach to the practices this year in that they have taken the lead on technique during our drilling sessions. Their attention to detail and knowledge of the sport of wrestling has been tremendous," Venturelli added.

Sophomore Alan Van Gorder at 138 lbs., has posted a 6-3 record in dual meets at his weight and has been a pleasant surprise thus far this season.

Junior Captain Ryan Warner at 160 lbs. is 14-6 overall but often is asked to bump up in weight class for the good of the team. He also had a great Sectional Tournament as a sophomore, placing fifth at his weight.

"We are hoping Ryan peaks just at the right time for the Sectional Tournament this season," Venturelli said.

Two new additions and bright spots for Quincy include junior Joe McGahan at 106 lbs. and junior Corey Shaw at 152 lbs. "Both have had recent successes and are improving each and every time they step on the mat," the head coach said.

Quincy's other team wins came against Pentucket, Middleboro and South Shore Voc. Tech but Quincy is hoping to rebound next season as none of the 13 members of the team are seniors.

Rounding out the line-up for Quincy are James Robinson at 132 lbs., Andrew Nickerson at 152 lbs. and Yusuf Masood at 160 lbs., who is recovering from a recent injury.

Five of the team members won medals at the recent Weymouth Invitational Tournament with Warner (2nd), Ward (3rd), Buttomer (5th), Dong (6th) and McGahan (6th).

The Presidents have two Wednesday night home matches remaining on the schedule with Silver Lake (1/25) and powerhouse Duxbury (2/1) at 7 p.m.

The Division One South Sectionals will be held at Weymouth High School on, Saturday, Feb. 11th.

NQ Wrestling Grinding Out Competitive Season

By TOM JOYCE

They might not have a full lineup, but the North Quincy High School varsity wrestling team is grinding out a competitive season.

Starting the year at 3-3, the Red Raiders team is highlighted by strong performances in their upper weight classes. They do, however, have a few voids in their lineup – in their lower weight classes.

On Wednesday, Jan. 18, the Red Raiders hosted their cross-town rival, the Quincy Presidents, and took a 52-30 loss. Overall, the meet was competitive, albeit Red Raiders head coach Mark Nutley said it was not his team's best meet of the season.

"It was a tough one tonight," Nutley said. "We could have had it. But we got a little sloppy. Some kids went to their backs. Losing to those guys is tough. We practice with those guys. We all know each other. They wrestled awesome though. Big match for them."

The Red Raiders suffered forfeits at three weight classes against the Presidents -- including the two lightweight classes: 106 pounds and 113 pounds. Their other forfeit came at 138 pounds, which is one of the lighter weight classes.

Injuries have been a problem for the Red Raiders in those weight classes. And with wrestling being a physical sport, it has also been tough for them to keep new recruits.

"We had a kid at the beginning of the year who was a boxer, a real tough kid," Nuttley said. "But wrestling wasn't for him. That's tough, when a good wrestler at that spot is hard to come by."

In the higher weight classes, the Red Raiders have particularly shined. At heavyweight (285 pounds), Jonah Trujillo, a junior, has been sharp. Mike Levine has stood out at 195 pounds and at 182 pounds, Nelson Walinjom has wrestled well.

In the lower weight classes, Brendan Ganno stands out at 132 pounds.

Tom Koch, Jr. is also turning in a fine season. Against the Presidents, Koch defeated Quincy's Brandon Palmarin in the 152 lbs. weight class.

With numbers being an issue for the Red Raiders, some wrestlers have been forced to wrestle up at specific weight classes. For example, Levine, a freshman this season, is closer to 170 pounds but has wrestled well at his weight class.

"We've definitely got some bright spots here and there which is nice to see," Nuttley said.

Despite numbers being a problem, the Red Raiders have been doing better than they have in the past. Two seasons ago, the Red Raiders had just 12 wrestlers. Now, they have more than 20.

Even if they do have more wrestlers now, it does not mean they are done looking for even more than they have now.

"We need to have the numbers in practice," Nutley said. "Otherwise, you're wrestling the same kid in practice everyday. But they wrestle tough for sure."

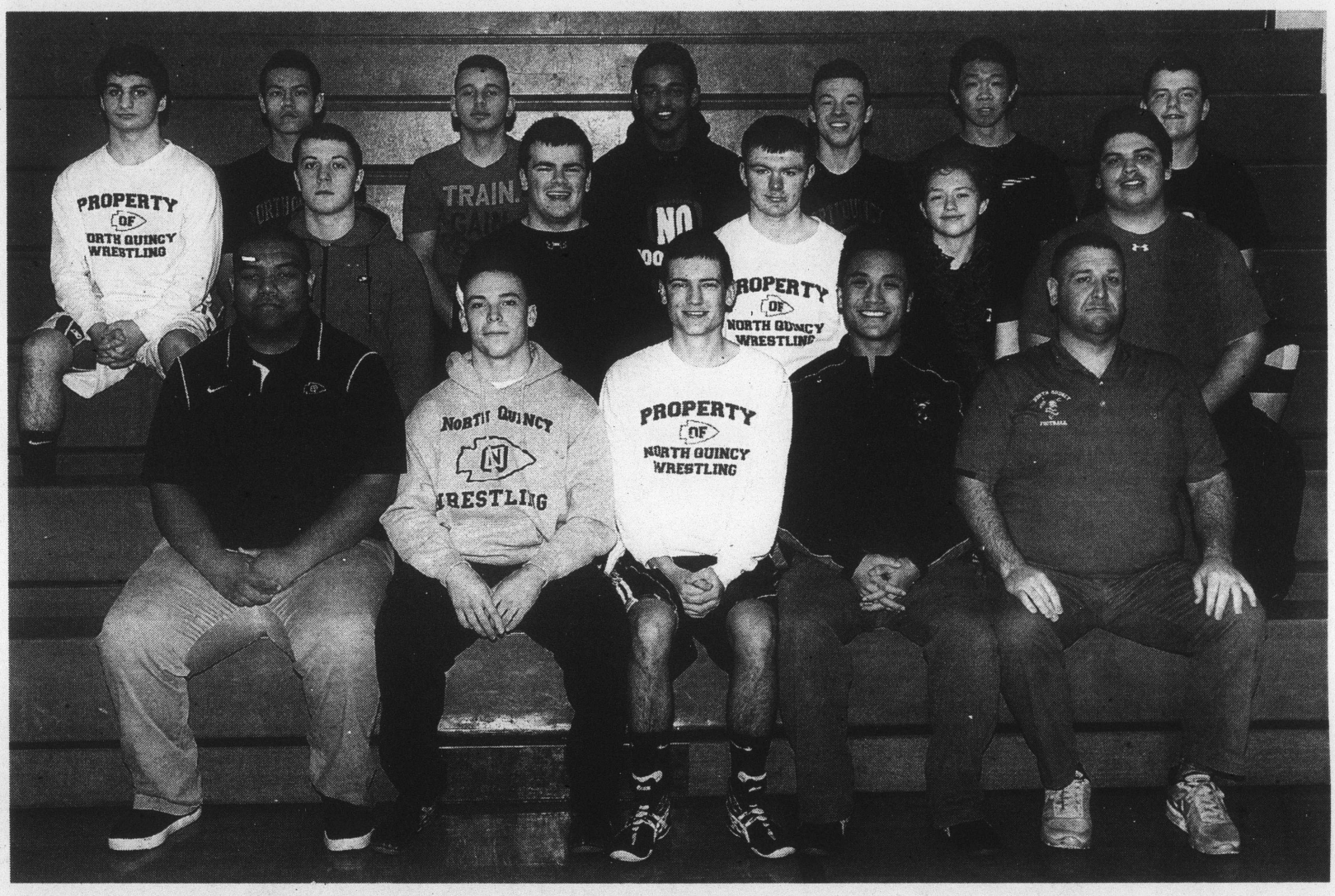
The Red Raiders are on the younger side. Koch is the only senior on their roster. Their roster has 10 juniors and seven sophomores, a sign they are growing as a team.

Nutley said he is pleased with his team's effort thus far.

"We work hard at practice," he said. "We're one of the best in-shape teams. In the third period, that's huge for us because we're usually the fresher team. We've got to get the numbers up. We've got to fill those weight classes where we're forfeiting. If you're giving up 24 points in a match, it's tough to come back."

As a team, the Red Raiders' focus is offense over defense.

"Our kids don't do a lot of wrestling in the offseason, so our moves are limited," Nutley said. "We just need to keep going and keep pounding as best we can."



NORTH QUINCY HIGH SCHOOL varsity wrestling team. Front row (from left to right) Assistant Coach Derek Huynh, Tom Koch., Jr., Brendan Ganno, Alex Pham and Head Coach Mark Nutley. Second row: Jeff Sullivan, Devin Ganno, Joe Merrigan, Karina Livingstone and Jonah Trujillo. Third row: Nick Halak, Ben Nutting, Dimitri Dimitriou, Nelson Walinjom, John Costello, Jaman Liang and Mike Levine. *Quincy Sun Photos/Robert Bosworth*

Two On Springfield Dean's List

Two students from Quincy are on the Dean's List for the fall semester at Springfield College.

They are:

Sydney Chang, who is studying applied exercise science.; and Denise LaFontaine, who is studying human services.

VOICE FOR HEALTH
by Dr. Gabrielle Freedman
Chiropractor

WHO IS MOST LIKELY TO DEVELOP SCIATICA?

"Sciatica," an often debilitating condition that causes pain in the buttocks, lower back, legs, and feet, is caused by pressure on the sciatic nerve, which is responsible for movement and feeling in the legs. The sciatic nerve starts in the lower spinal column and runs down the buttock and along the back of each leg. An inflamed nerve can cause leg numbness, tingling, pain, and muscle weakness. A study involving 5,261 participants shows that women are more likely to have sciatica if they work in a manual occupation, are overweight, smoke, are sedentary, and have previous neck and back pain. Men employed in semi-professional and manual occupations had higher risk levels. Chiropractic treatment can help relieve pressure on the nerve.

As there are many disorders that can cause sciatica, a chiropractor's first step is to determine what is causing a patient's sciatica. Forming a diagnosis involves a thoughtful review of a patient's medical history, and a physical and neurological examination. Chiropractic treatment is based on the scientific principle that restricted spinal movement leads to pain and reduced function and performance. To schedule an appointment, please call **FAMILY PRACTICE OF CHIROPRACTIC** at **617-472-4220**. We are located at **112 McGrath Hwy., Quincy.**

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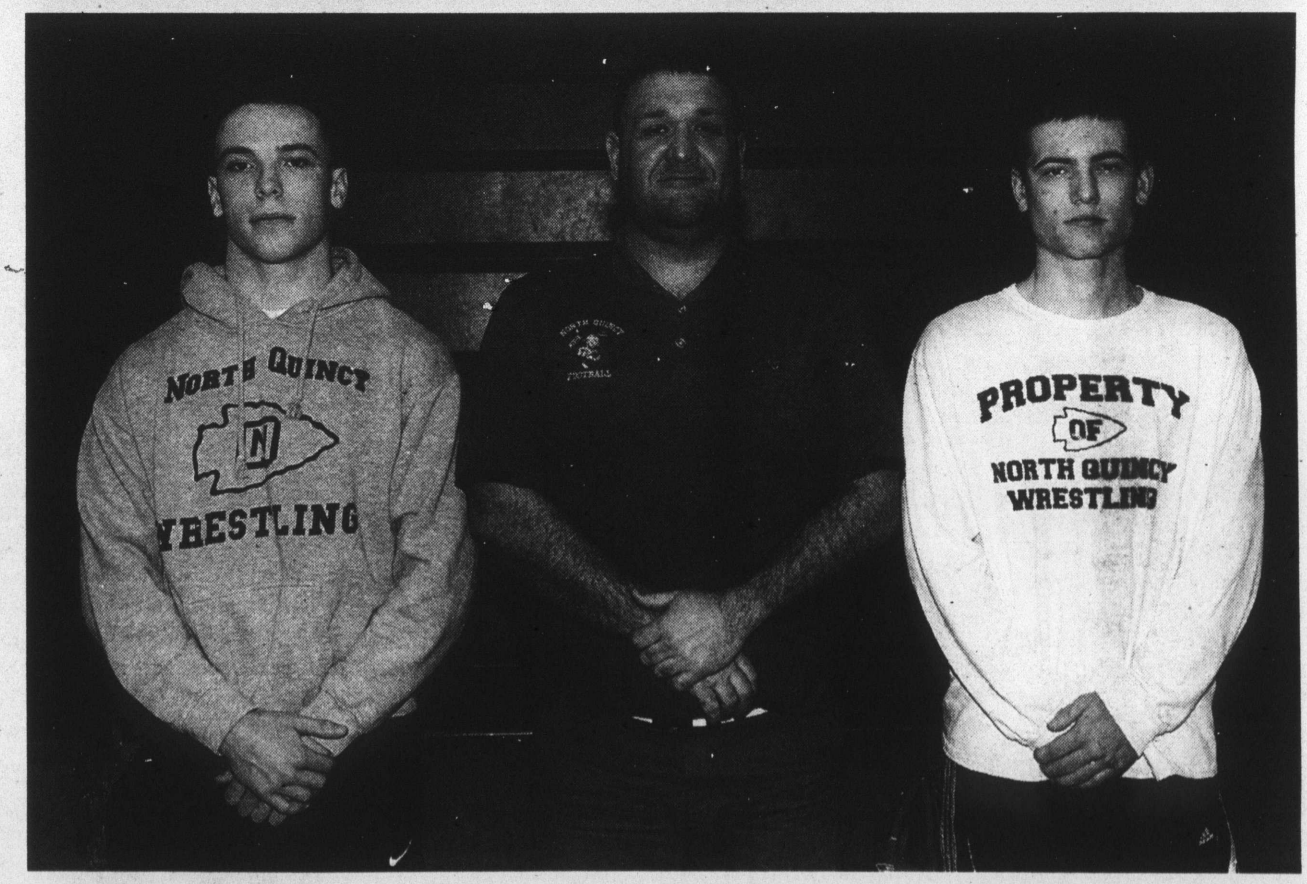
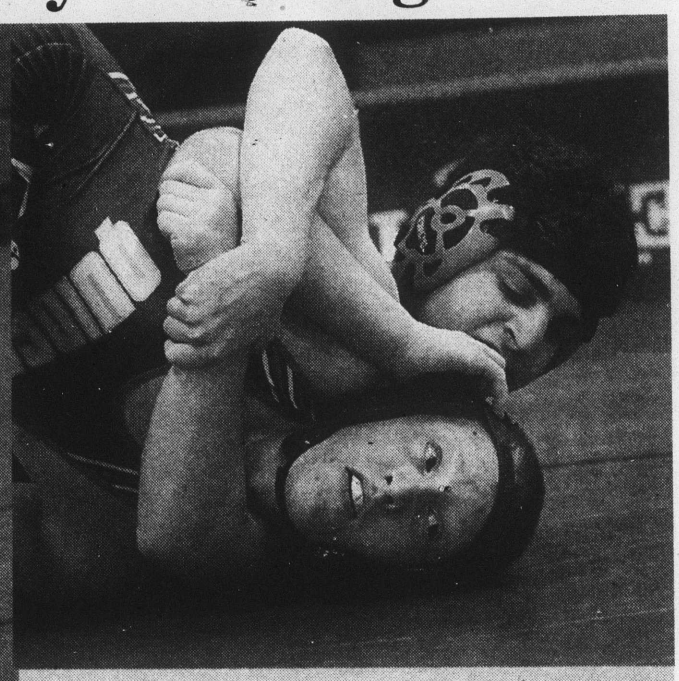
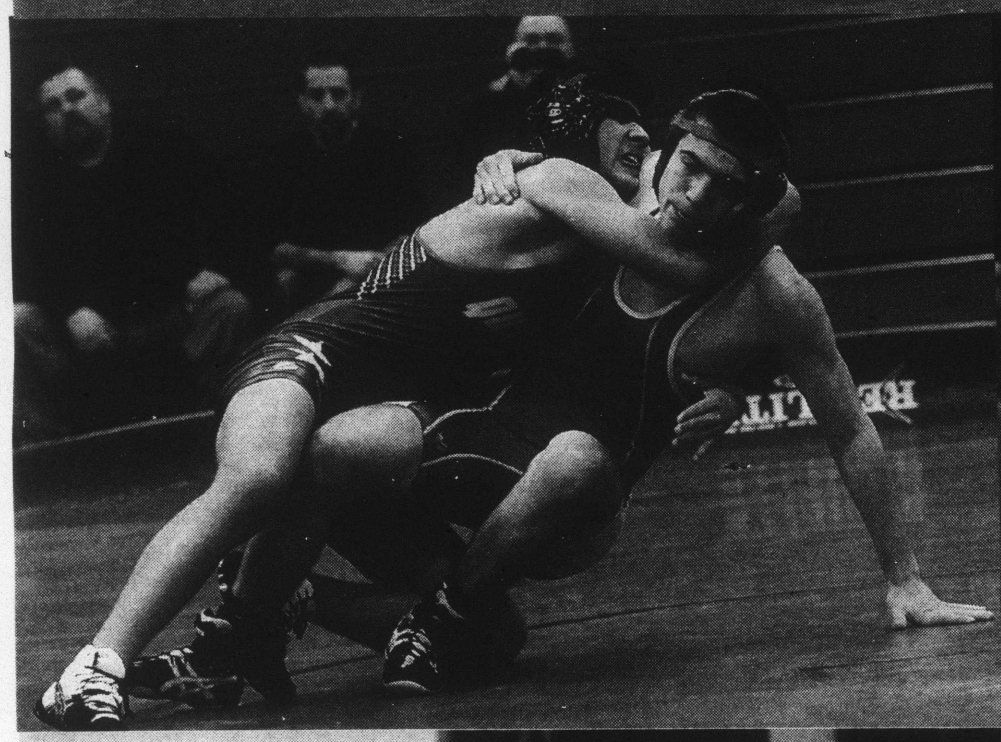
Action Photos from Quincy-NQ Wrestling Meet - Page 20
and online: www.TheQuincySun.com (click galleries)

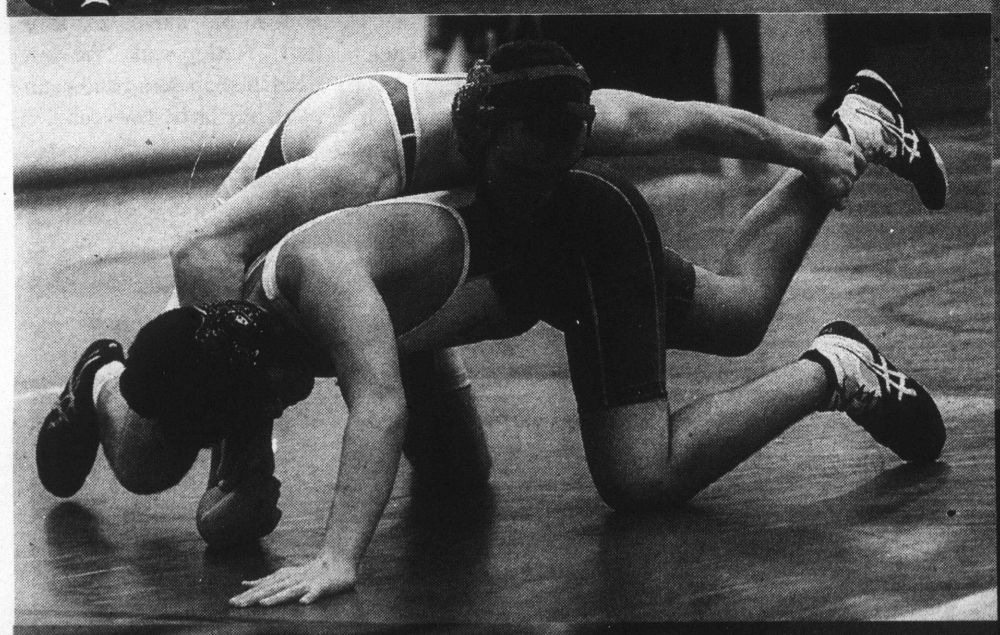


NORTH QUINCY Wrestling captains Tom Koch, Jr. (left) and Brendan Ganno with Head Coach Mark Nutley.

Action Highlights Quincy-North Quincy Wrestling Match







Presidents Fall To Scituate

By JOE REARDON

Quincy High coach Ted Walsh was embracing the fact that the Presidents were taking on the iron of the Patriot League this week. The competitive nature of the Quincy High Hall of Famer showed through and he was hoping it had a trickle down effect on his team. Walsh saw the Patriot League showdowns against a juggernaut Hanover squad and always-tough Duxbury as a huge opportunity for the Presidents.

"If you're a competitior that's what you live for," said Walsh. "It doesn't get any better than this. There's nothing better than upsetting a good team."

Quincy had put together its best outing of the season in a 4-2 decision over Plymouth North where it skated hard, made plays and put the puck in the net. The Presidents didn't have the same success against Scituate on Monday afternoon at the Quincy Youth Arena and fell to 3-7-1 as a result.

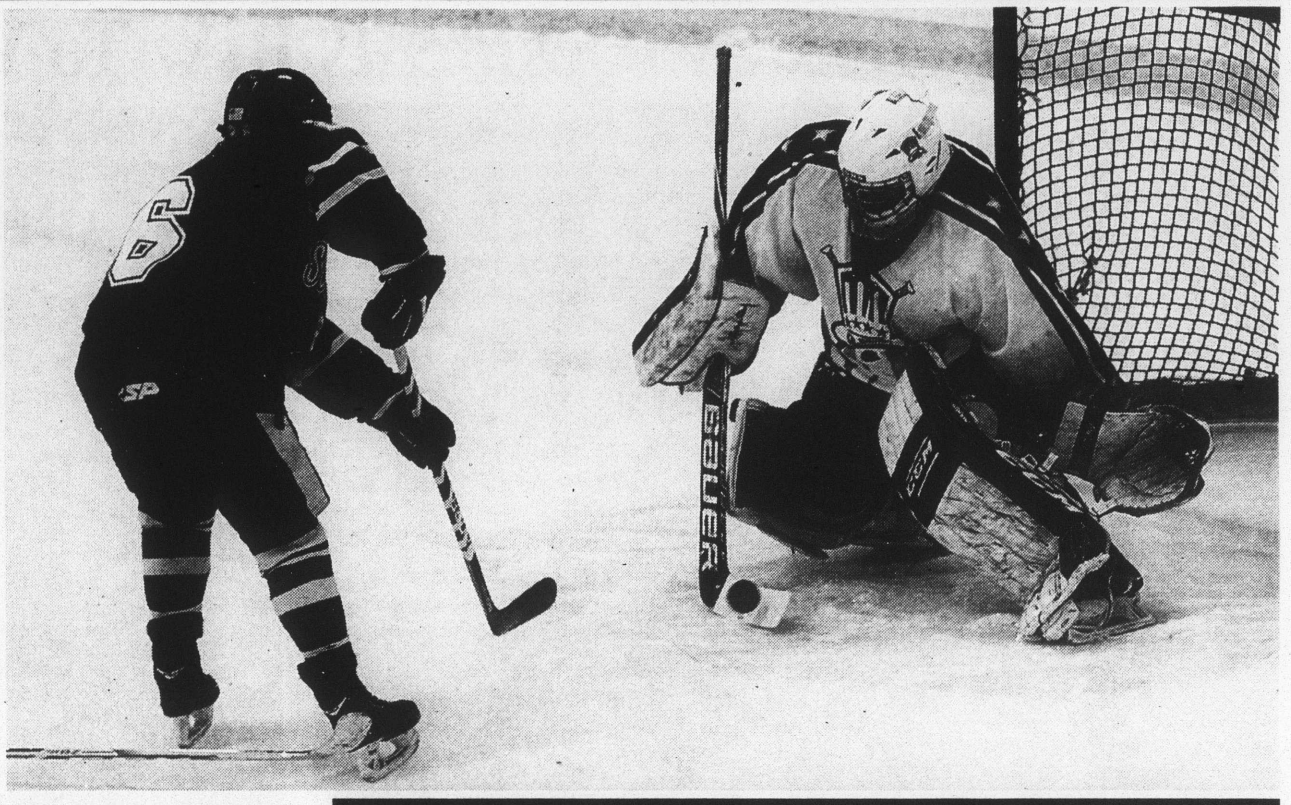
The 11-1 Sailors were running on full steam offensively as they put up 42 shots in an 8-2 rout of the Presidents. The loss dropped the Presidents to 3-7-1 with goals coming from Mike Tervakoski and Pat Quirk.

Walsh acknowledged Scituate's strength, but commended his Presidents for a continued tenacity on the ice. Walsh believes there is plenty of life in his club and is confident it can make a strong run into the the tournament.

"They're a very good team," said Walsh. "They can skate and they keep coming. Their bench is heavy. They're big, they're physical and they're fast. You have to give them some credit for this. I don't think we played like we played the last game (against Plymouth North).

"I don't think we played poorly. The guys kept coming and in the end they just had more goals and more speed. I expect to win every game with this group. That's just my mentality. I don't know if all of our players believe it yet and I think when everyone is pulling on the rope in the same direction we're going to be ok."

Quincy did put 29 shots on Sailor goaltender Dan Santiano and managed a pair of goals, but Scituate's hard hitting along the boards and overall speed never allowed the Presidents to garner any momentum on offense throughout the contest. Scituate put up three goals in the first period and the game was essentially over.



TOP: Quincy senior goaltender Thomas Pugsley makes a sparkling save against Scituate's Jake McCarthy Monday. The Sailors defeated the Presidents 8-2 at Quincy Youth Arena. At right: Quincy forward Mike Tervakoski (right) and senior forward Shamus McBride celebrate Tervakoski's second period goal that got the Presidents on the scoreboard against Scituate.

Quincy Sun Photos/ Robert Bosworth

Tommy Marhoffer unleashed a wicked wrist shot from the blue line that beat Quincy goaltender Thomas Pugsley to the far top shelf for a 1-0 advantage just 27 seconds into the first period. Pugsley came up with a solid

Cont'd On Page 23

More photos online: www.TheQuincySun.com (click galleries)

New Faces Stepping Up For NQ Boys Hockey

By TOM JOYCE

After taking three straight wins to start the season, the North Quincy boys hockey team hit an 0-3-4 skid, but they appear ready to move past it.

The Red Raiders began the week at 4-3-4 thanks to a 6-3 win over Silver Lake at Quincy Youth Arena last Saturday night. It was not any game though, and it might serve as a turning point in their season.

"We needed it in a big way," Red Raiders head coach Matt Gibbons said of the win. "We were hoping it would come last Wednesday against Brockton. This time, we played well for three periods. A lot of guys played well. We just needed to find a way to win in big game, and that'll do it for us."

Senior captain and forward Austin Lee led the way with two goals, but a number of players stepped up. Sophomore forward Noah Wines, junior forwards Ryan Cox and Sean Patrick Flynn and junior forward/defenseman John Norton netted their first career varsity goals.

"It was pretty impressive," Gibbons said. "A lot of guys are seeing time this year and are taking advantage of it. Our effort was there and the guys are really competing."

Prior to the win, the Red Raiders tied three straight opponents. Not only could notching a win be good for the team's momentum from here on out, but also as a confidence boost for some of the team's younger players who tasted success with their strong performances against Silver Lake.

"I think it got the monkey off their backs a little bit," Gibbons said. "There were a few times in the past where guys had chances where we just didn't finish on them. I think it helps overall the whole atmosphere of the team to have those guys step up."

In the win, Gibbons said he was impressed with the play from a line consisting of junior forwards Connor Donaghey, Austin Devane and John Norton.

"That's what I want to see is those second and third tier guys stepping up and playing well, Gibbons said. "We have those top guys, but hopefully this is what will pull the rope for us and help us make the tournament."

Of course, the Red Raiders' goal every season is to make it to the MIAA postseason tournament and make as deep of a run as they can. In recent years, they have clinched several postseason berths, so they know what it takes to make it that far.

"We put ourselves in a position where our backs are against the wall," Gibbons said of his team's previous seven game winless streak. "We've got to win some games here towards the end and I think the guys started to feel that pressure.

"You can see it in practice, they're getting more comfortable," he added, of his team's younger players. "All these guys are getting used to seeing more playing time on a varsity team, so it might have taken them just a little longer to adjust. But hopefully, they're ready now."

Gibbons said one major factor that has allowed his younger players to succeed is strong senior leadership from their captains: forwards Hunter Phillips and Austin Lee plus defenseman Kevin McDonald. Not only are they their team's top players, but they have made their younger teammates feel welcome.

"I think they've done a really nice job with these younger guys," Gibbons said. "There used to be a divide with the older group and the younger group, but I think it's more of a team atmosphere. One through twenty here are on the same page, so they feel more comfortable talking or stepping up in big situations. I think that sometimes trickles down to ice play."

In order to bolster their team's depth and improve their player's versatility, the Red Raiders have been using a couple of their forwards on defense. For the first time this season, sophomore Kieran O'Driscoll logged significant time on defense against Silver Lake. A forward last season, John Norton has primarily been a defenseman last season, but he saw time at forward against Silver Lake and scored a goal on his first shift.

Gibbons said based on experience, Norton is still more comfortable defensively than O'Driscoll, but he liked what he saw from the sophomore in his first game.

"He was really good back there," Gibbons said of O'Driscoll. "He helped us move the puck up, which is a good skill to have back there."

Regardless of who starts back there, Gibbons is happy his team has more options now.

"It just gives us a little more flexibility back there," he said of Norton and O'Driscoll playing defense. "We know they can play it which gives up more options and we can move them around depending on the situation. But they're both on board with it which is huge for us."

VOICE FOR HEALTH
by Dr. Gabrielle Freedman
Chiropractor

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Short-Handed Presidents Bow To Whitman-Hanson

By JOE REARDON

Make no mistake about it. Quincy's girls varsity basketball team is still in very good shape to earn a berth in the tournament and is playing hard every game out to make it happen.

The Presidents, though, had no answer for a Whitman-Hanson club that presented just the kind of attack that could give Quincy trouble in the tournament.

The 6-5 Panthers used their height and aggressive inside presence to pull away to a 65-49 victory over Quincy last Friday night in a Patriot League home game for the Presidents.

The loss dropped the Presidents to 6-6 on the season. Jeff Bretsch's club needs only to split its final eight games to stamp a tournament slot and that's the teams's goal, first and foremost.

"I don't know where we'd think we'd be," said Bretsch. "We were hopeful we were a tournament team. Our goal is to make it to the tournament. We're right there, right at the .500 mark."

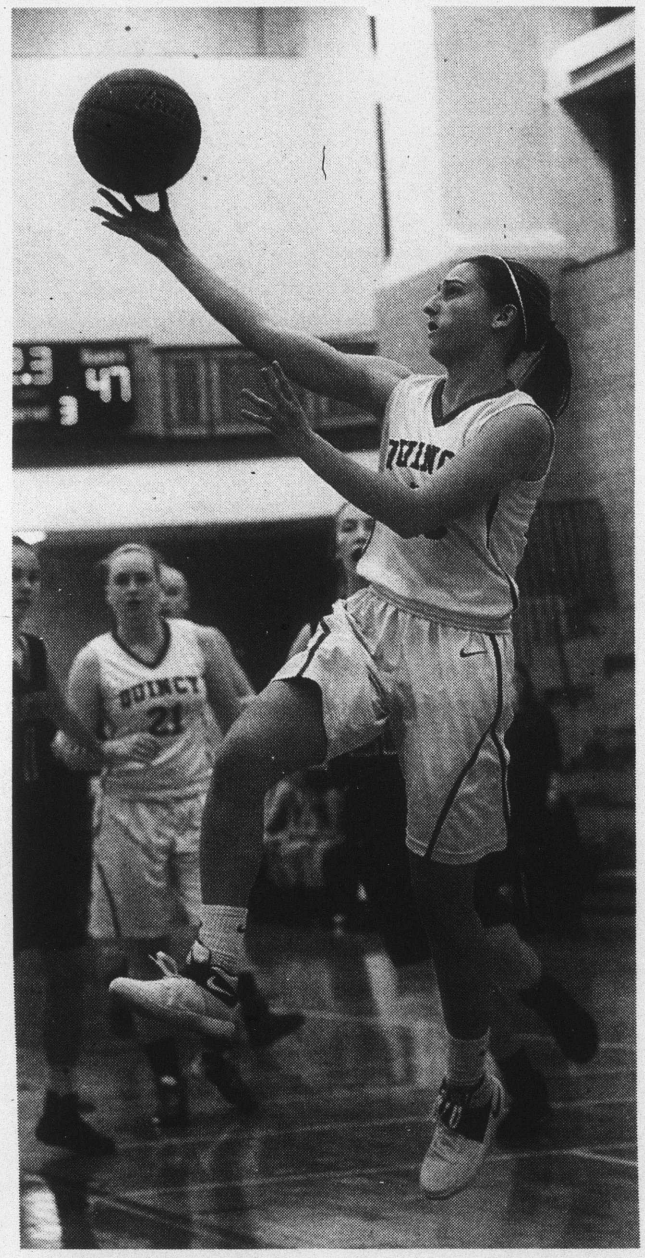
Freshman forward Allison McMorrow continued to make strides and was the best player on the floor for Quincy, knocking down a career-high 26 points and wrestling eight rebounds. McMorrow carried the Presidents and was a factor inside and from three-point land where she buried four shots.

It was not a night where the Presidents could afford to be without their best defender. Co-captain Joelle Robinson was sidelined with the flu, forcing McMorrow to ramp her game up even more. "That hurt us a lot," Bretsch said of not having Robinson on the floor. "She's a great rebounder and great defender. Missing a captain is a big adjustment too."

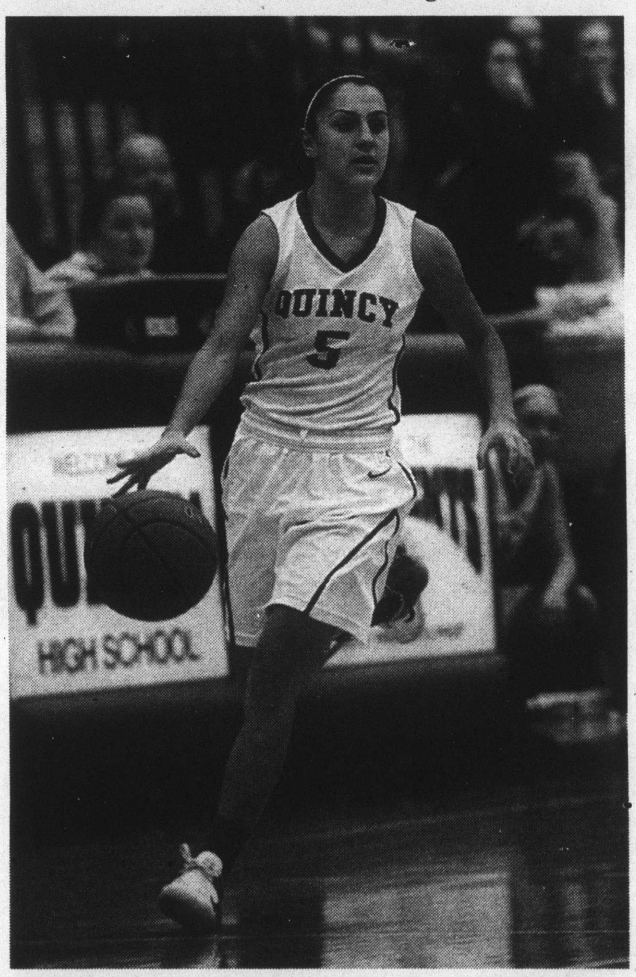
McMorrow continued to prove she is a big game player and not squeamish of assuming the reins.

"She had a fantastic night," said Bretsch. "She's been playing great and stepped right in and really rose to the challenge. We look to her and she's done a good job of taking a role like that which is sometimes hard for a freshman. Every game she gets a little better and she's adding more weapons all the time. She's a great shooter and she takes it to heart."

Point guard Liana Cunningham also scored in double digits with her 17 points, nine of which came on three-point hoops. "She was phenomenal tonight," Bretsch said. "She was drawing the defense to her every time, getting all the way to the rim and finishing. She was finding the opening man and doing all the things a great point guard does. That was an important piece."



JUNIOR GUARD Liana Cunningham scored 17 points and dished out 6 assists but the Quincy Presidents bowed to Whitman-Hanson 65-49 last Friday night. The loss dropped the Presidents to 4-5 record in the Patriot League and 6-6 overall.



SOPHOMORE GUARD Gia Calabro brings the ball upcourt for the Quincy Presidents against Whitman-Hanson.

Defensively it was a mismatch as the taller Whitman-Hanson squad feasted inside on the offensive boards. The Panthers were virtually unstoppable in the paint with Taylor McVeigh leading the way with 19 points. Sophie O'Brien (14) and Kathryn Dunn (12) were also forces underneath.

"I think that was the story," said Bretsch. "They were just so big and we're very small. I thought the kids tried to make up for it with their hustle and speed. We really tried to push the tempo. We just had a hard time getting the boards. We were really in the game in the second half, but they just pushed ahead. They did a lot of nice screening actions, but what it came down to was a run where they got offensive rebounds and stuck them back in because they were so much bigger than us."

McMorrow had seven points in the opening quarter and her two free throws gave the Presidents their last lead, 13-11. Cunningham drained a jump shot to tie it until a layup from McVeigh and an inside bucket by Alyssa Nicholson put the Panthers up 17-13 at the end of the first quarter.

Quincy continued to hang tough in the second though as McMorrow had a pair of early baskets inside to cut the lead to 18-17. The Panthers' Kylie Corr was fouled on a layup and made the free throw for a three-point play and a 21-17 Whitman-Hanson advantage, but Cunningham's three-pointer and a McMorrow basket on a hard drive to the hoop sent the Presidents into the half down by just five, 27-22, with McMorrow leading the way with her 13 points.

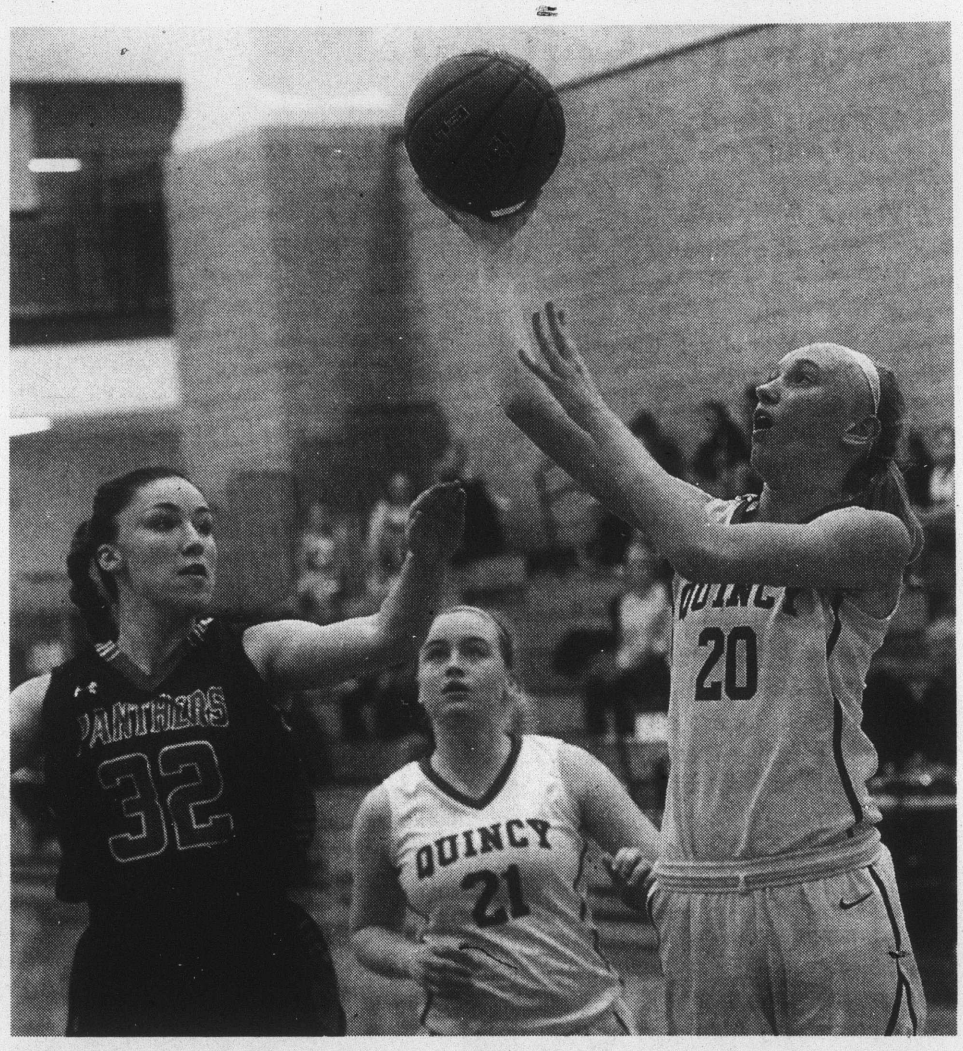
Both teams came out flying on offense in the third quarter, trading baskets over the first three minutes with McMorrow dropping in a three-pointer to make it a four-point game, 35-31, with 5:31 left.

The Panthers, though, began to slow the Presidents with their press defense. A 6-0 spurt forced Brestch to call a timeout trailing 41-31 with 4:06 left in the quarter. McMorrow helped the cause with a hook and three-pointer, and Cunningham added a jumper from beyond the arc to keep the Presidents within striking distance, but the Panthers went to work to put the contest away from good.

Whitman-Hanson put together a game-breaking 14-4 run from the end of the third quarter into the final eight minutes with McVeigh leading the way with five points. By the time she wrapped up a three-point play with 4:45 remaining, the Panthers were well ahead, 61-43. Cunningham made good on a three-pointer, foul shot and inside basket to account for Quincy's final six points in the closing minutes.

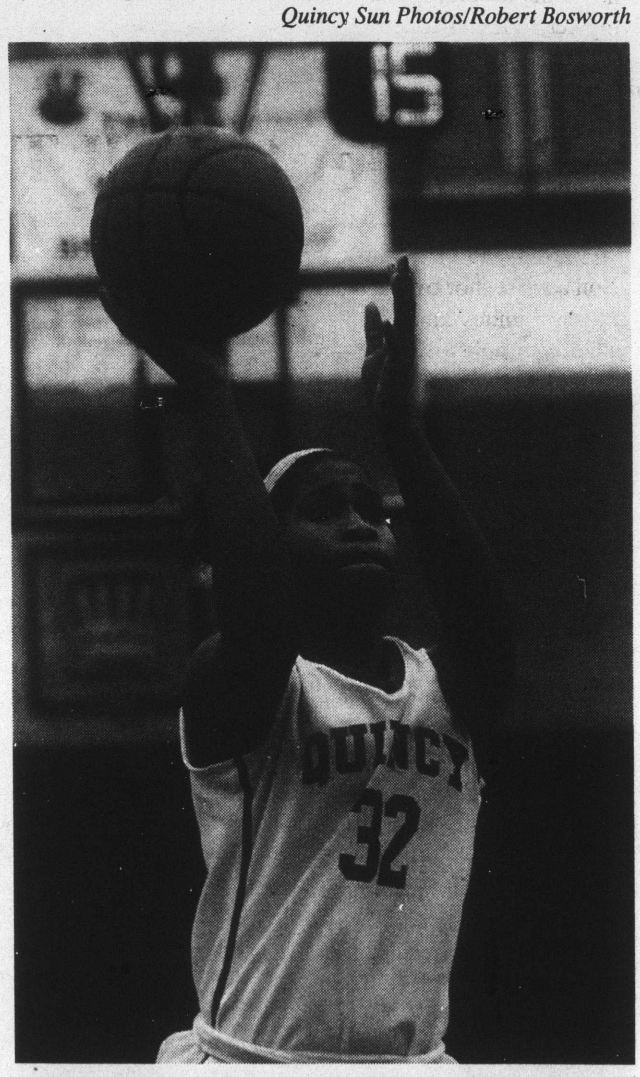
"We knew this would be a struggle for us, but it was disappointing for sure," said Bretsch. "They're one of the best teams in the league and we knew they'd bring their best game tonight. I'm proud of how the girls played.

"They kept battling and never gave up. It was a closer game than the scoreboard showed. It felt like a very competitive game right up until the beginning of the fourth quarter," he added.



FRESHMAN FORWARD Ally McMorrow (right) scored a career-high 26 points including 4 three-pointers and added 8 rebounds in Quincy's 65-49 loss to Whitman-Hanson last Friday night. The Presidents travelled to Hanover Tuesday and visit Hingham Friday night at 6:30 p.m. Quincy's next home game is Friday, Feb. 3 against Silver Lake.

Quincy Sun Photos/Robert Bosworth



JUNIOR FORWARD Rosheline Molina puts up a shot for the Presidents against Whitman-Hanson.

Host Middleboro Thursday Night At 5:30 P.M.

Red Raider Girls Hoop Bows To Pembroke

After taking two steps forward last week with wins over Plymouth South and Scituate, the Red Raiders girls basketball team took a step backwards with a close 53-48 loss to Pembroke last Friday.

Winning the opening tap, North couldn't convert on the scoreboard until senior captain Kerin Coleman made one of two from the line to give North a 1-0 lead. After that, the Raiders struggled to convert on the offensive end, as turnovers continue to plague NQ. The Red and Black kept it close as Coleman and Remy Aucoin combined for 8 of the 9 points scored as North trailed 12-9 after one.

In the second quarter, the Titans increased their lead to 7 on the strength of two three pointers by Abby Gouthro and one each by Jayne Howe and Kate Norton. Aucoin dropped 6 points in the second quarter giving her 10 at halftime.

"Our inability to close out on their three-point shooters really hurt us throughout the game, and it was something we had emphasized in practice all week," said Coach Paul Bregoli.

Indeed, two more threes by Howe and another by freshman Katie Galligan didn't allow North to close the gap despite Coleman' great third quarter performance in which she had 8 of the 15 the Red Raiders scored in the period. Aucoin chipped in with 4 more while Jessie Caldwell also added 4.

Trailing by 5 entering the final quarter, North made several runs cutting the lead to three on several occasions. Junior Jenn Butka, with 8 in the last frame, was a major factor in North's frantic effort to grab the lead. Two big free throws by Jill Hallisey and 4 more by Coleman whittled the Titan lead to one. However, Howe hit her third three of the game and added two free throws to increase the lead back to 6.

"I told the kids during a timeout that if we got the lead, we would win," Bregoli said. "But, we could never get a stop at a critical time. It's a shame because we wasted a career night by Kerin who had 15, including 7 for 10 from he line. She shot well and attacked the rim better than she has all year. Hopefully, this will give her the confidence to do this on a nightly basis.

"Remy also had a great night, finishing with 16 points, 13 rebounds and 7 blocked shots," Bregoli continued. "She played awesome as did Jenn who had 13 points and was big down the stretch. Michelle Mark, Olivia and Celia Hussey also played well as did Sama Smith.

"We have a big week coming up playing at Hingham on Tuesday and hosting Middleboro Thursday night at 5:30 p.m. at the Walter 'Cap' Bryan gymnasium," the coach added.

North stands at 5-6 with nine games left.

Remy Aucoin Career Leader In Blocked Shots For NQ Girls

Senior captain Remy Aucoin recently broke the North Quincy girls basketball career shot block record with five blocks against Patriot League foe Plymouth South.

Aucoin broke the old mark set by her cousin Montana McBirney, North Quincy High School Class of 2011. McBirney had the previous record of 114 career blocks.

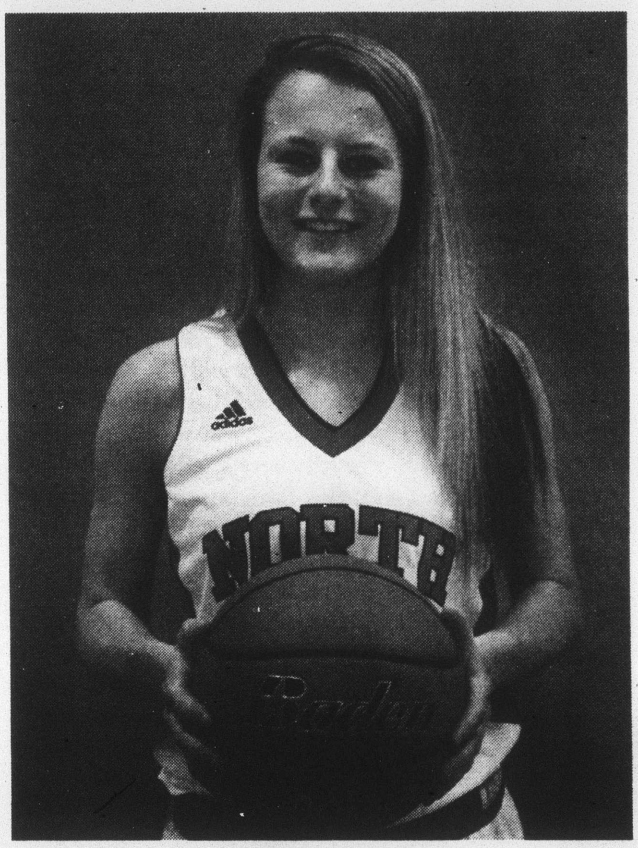
Aucoin is averaging 11 points and 10.5 rebounds a game for the Red Raiders. Aucoin entered the 2016-17 season with 84 blocks. With only half a season played, Aucoin has a chance to grab the single season mark held by Regina Murphy (53).

Aucoin, who is a two-time Patriot League All-Star and Ledger All-Scholastic, had 15 double doubles last season to go along with her 42 blocks.

"Remy is a special player who wants to be the best, and, more than anything, wants to win," said head coach Paul Bregoli. "I know she is more focused on team goals rather than individual ones. But, it is nice to see a player, who works so hard, to achieve individual success while being a major contributor to the success of the team.

"I love coaching her because of her drive and work ethic as well as her talent. You know what you are going to get from Remy every time she steps on the court," Bregoli added.

Aucoin, who is a three-year starter for North, was also a league all-star in volleyball.



REMY AUCOIN
Quincy Sun Photo/Lisa Aimola

Presidents Fall To Scituate; Tournament Berth Focus

Con't From Page 21

save on a wrist shot by Matt Loud just minutes later, but Scituate was able to strike again at the 6:58 mark when a breakdown on defense allowed David Murray to take a feed from Liam Walsh and stuff the puck under Pugsley to make it a 2-0 contest.

The effort has been consistent from the Presidents, but the team has been struggling all season winning faceoffs and it has become a big problem. "We have so many plays we run off of faceoff wins and we can't win draws consistently," said Walsh. "If the other team is constantly getting possession it's tough to win."

Quincy did have its chances in the first, the best coming with 4:10 left when Santiano was able to get his blocker in front of a Shamus McBride wrist shot from the slot. Santiano was in position to stone a Nick Murray bid in front of the net to keep the Presidents off the board.

The Sailors put the game out of reach in the final two minutes on a Mike Norton tally from a shot in front of Pugsley to stretch the advantage to 3-0.

Walsh made the first of his two goaltending changes at the start of the second period when he went to Dan Murphy. The sophomore stopped his first four shots, but had no shot getting to a Shane Comeau backhander at the right side of the net 1:25 into the period as Scituate went up 4-0.

Walsh had his reasons for making the goaltender moves. "If all went well we would have played one," he said. "It wasn't even that I pulled them. It just seemed like they were left on an island a few times and it was unfair to leave them out there. It was a good opportunity to get all three in. We have three good goalies so I had no problem putting all three in."

Quincy finally got the better of Santiano two minutes later on a Tervakoski tally from just inside the slot to make it a 4-1 game. Murphy continued to play well, coming up with a big stop on a David Murray wrist shot. Scituate kept up its barrage on the Quincy frame and went up by four again, this time on a wicked wrist shot by Norton that beat Murphy high for the 5-1 lead.

Through it all, though, Quincy played hard and was able to absorb the Scituate hits along the boards while still putting shots on net. The Presidents' tenacity paid off with 3:32 left in the period when Quirk wristed home Quincy's second goal to cut the lead to 5-2. Scituate, though, had an answer for Quirk's tally with 1:54 remaining on a Liam Walsh backhander to make it 6-2.

Nate Walker was the sharpest of Quincy's three goaltenders when Walsh put him between the posts in the third period. The sophomore robbed Ryan Hannigan and Shane Comeau on big scoring chances early in the period before Scituate went up 7-2, 4:22 into the final stanza. The Sailors' last bit of offense came with 3:50 remaining when Walsh stuffed a shot under Walker for the 8-2 lead.

With Scituate behind them, Walsh was looking forward to the chance of playing powers Hanover and Duxbury.

"You're right in the fire, but if you can get some points from these games we're right back in it," he said. "I don't believe we're out of it. I still believe we're capable of making the tournament. There's no quit here. I've always thought character isn't revealed when you're winning."

SENIOR FORWARD Pat Quirk scores Quincy's second goal against Scituate Monday at Quincy Youth Arena.
Quincy Sun Photo/Robert Bosworth

QNQ Winter Track Vs. Scituate Highlights

Quincy-NorthQuincy boys winter track team won their first meet vs. Scituate, 54-44. The girls team bowed, 61-34.

Winners for boys:
Nathan Sleiman Hurdles, Longjump
Shorn Hawthorne dash, Highjump
Jimmy Cannon Mile, Twomile
Aidan Ring 1000m
Zach Carson Shotput
2nd places Boys
Sleiman 300m
Troy Isaac Shotput
3rd places Boys
Mark McKenna Hurdles, Highjump
Matt McGourty 1000m
Alex Ouellette 600m
Brian Nguyen Longjump
Slade Burke Shotput

Winners for girls:
Abby Murphy 1000m
Devin Hiltunen 300m
Leanne Harris Highjump
4x200m Relay: Devin Hiltunen, Alex Case, Kelsey Coughlin, Mia Healy
2nd places girls
Mia Healy dash
Rory Mahoney Mile
Alex Case 300m and Longjump
3rd Places girls
Isabel Doherty hurdles
Kelsey Coughlin dash
Maggie McGoldrick 600m

Electrical Work, Oil Consumption, Head Gaskets

Ask John Paul: AAA New England's Car Doctor

My 2003 Honda Accord is well maintained. It is serviced on schedule and always by the same mechanic. Years back the lights for the temperature and radio stations went out. There was a warranty extension on audio unit - display could become dark, but I missed the coverage period. My mechanic would not fix the problem and Honda dealer also refused to do electrical work. The easy solution was to leave the display dark. Late last year the fan for heater/defroster stopped. My mechanic put in a new fan resistor and then last week only high speed for the fan would work and he put another resistor in. My mechanic thinks there is an electrical problem and he will not do any more work if there is another problem. My question to you is: if this does happen again where do I turn? Do I need a place that specializes in electrical work? Mechanic says he doesn't know of such a place. I don't want to buy a new car, because overall this one is in overall good condition and suits my needs at this time. What should I do?

To answer your last question first, there are shops that do specialize in electrical work, although most good shops should be able to handle this type of problem. When it comes to electrical issues it is a combination of time, experience and your money that will get the car fixed. The heater fan resister is a very common failure, but there is also a thermal-resistor (thermistor) that can fail and shot down the fan. A technician with a good wiring diagram, technical database and access to sites such as Identifix or IATN (International Automotive Technicians Network) can be a big help.

I have a 2.0 liter turbocharged Audi which I purchased 18 months ago with 50,000 miles on it. During this time I have driven about 20,000 miles and add one quart of oil every 1,000 miles. I don't have an issue with tracking the oil use and adding as necessary, but wonder if the consumption will increase over time. Is this anything I should worry about?

This Volkswagen/Audi 2.0 liter engine tends to use oil at a rate of one quart of oil per 800-1,000 miles. There have been a couple of technical service bulletins that address this issue that are certainly worth looking into. These are technical service bulletins and not recalls; depending on the age and mileage may not be under warranty.

I have an old car that I inherited and I'm going to sell it for parts. Here is my problem: I don't have the key and before I sell the car I want to get in the trunk and glove compartment to see if there is anything of value or personal sentiment. I don't really want to hire a locksmith of take crowbar to the trunk. Is there any no cost/low cost way to see what is in the trunk?

To at least get a peak in the trunk try taking out the rear seat. Once the seat is out you may be able to get a look inside and may even be able to manipulate the lock and get the trunk open. As for the glove compartment you might be able to remove the box itself. In many cases these were made of nothing more than thick cardboard.

I work on my own cars and generally have good luck. Now that boating season is over I was doing some work to my boat's engine, a big outboard. When removing a bolt it broke off in the engine, now what? The engine is aluminum and the bolt I assume is steel, any suggestions for getting to bolt out without doing any more damage?

I have had pretty good luck using lots of penetrating oil, left-handed drill bits and a reversible drill. If necessary use a "die-grinder" to smooth off the broken bolt and then carefully drill into the broken bolt. Many times just the action of drilling into the bolt loosens it up and it backs out.

My 2012 Jeep Wrangler does everything well in winter conditions (knowing how to drive in 4 wheel drive with good tires a must). The problem is ice accumulation on wiper blades driving in heavy snow rendering driving unsafe. I have single unit Bosch blades that are supposed to help with this but don't. Any suggestions?

Ice building up on wipers blades and causing poor visibility is certainly a safety issue. I would start with the basics; first make sure the defroster is working properly. The typical heater air temperature of a fully warmed up engine should be between 120-150 degrees. If the temperature is less than 120 degrees you may not be getting enough heat on the windshield to keep ice off the wipers. Possible problems are: a stuck heater blend door, clogged heater core or low engine temperature. Regarding wipers, I have used both Bosch and Michelin winter wipers and found them to be okay. Depending on the weather conditions some ice buildup on the wipers is certainly possible. I have also found the type of washer fluid can be an issue. Look for fluid that works at temperatures below -30 degrees. The low temperature washer fluid will at least help melt some of the built up ice and doesn't tend to flash freeze like some other products.

I have a 2015 Volkswagen Beetle that I truly love but the one feature that I wished the car had is a rearview camera. I asked the dealer about having one installed and they told me they wouldn't put one in because it would void the warranty. They suggested trading the car in for a model with a backup camera. Is it possible to have a rear view camera installed that is as good as the factory style cameras that doesn't void the warranty?

There are some very good aftermarket cameras that are nearly as good as the factory style. Some of these camera systems replace the rear view mirror others mount a monitor in or on the dash. And still other utilize the factory radio/navigation system display A good quality camera is as important as a good installation. Regarding voiding the factory warranty you are actually protected under the Magnusson Moss Warranty Act, that basically states if a manufacturer doesn't allow a properly installed aftermarket accessory they need to provide it for free at no charge.

I own a 2006 Saab with 170,000 miles on it. In a recent visit to the dealer I was advised that the head gaskets were starting to weep. No repair was necessary at this time but the situation should be monitored. They stated the repair would cost about several thousand dollars. I also asked the service manager, would any of the over the counter pour in products work that are available on the internet? He advised no, that it potentially could clog up oil passages. The internet postings seem to contradict this comment. I am wondering what your suggestions are in this area. If these products don't work how can they be advertised that they do.

I have had mixed results with the head-gasket sealer products, in some cases they work, other times not at all. With Saab vehicles like many the leak usually starts as an oil leak and then ends up as a coolant leak. I have seen many cases where the leak lasts the life of the car without repairs by just maintaining fluid levels. Certainly the leak won't get any better by itself but depending on how long you plan to keep your car a pour in product may be an option worth considering. Regarding truth in advertising if I believed everything I read online I would be rich and good-looking. Remember what mom said, if it is too good to be true it probably is.

I'm in the market for a comfortable large front-wheel drive sedan. I've been a Toyota guy most of my adult life and was naturally looking towards the Avalon. But I'm hearing really good things about the new Chevrolet Impala. I've never bought a Chevy and have some reliability concerns about American made cars, any thoughts?

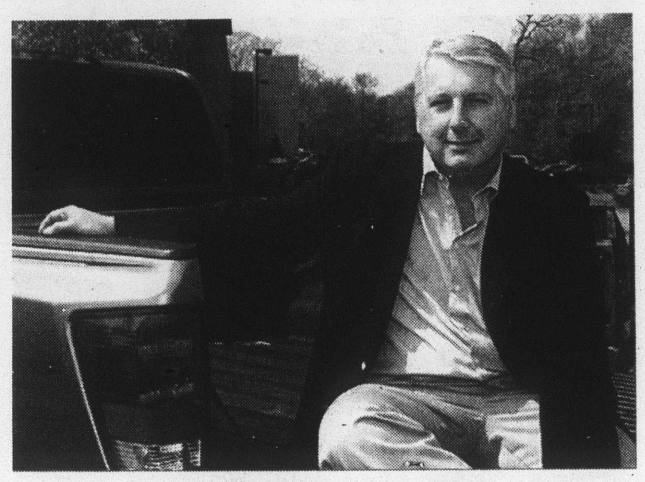
The newest Impala is getting nothing but rave reviews. Regarding reliability Toyota continues to make great products but surveys show General Motors products are doing quite well. One car not on your list that I would take a look at is the Kia Cadenza. Based on my last road test of the Cadenza I would rate it slightly ahead of the Avalon.

My husband and I are trying to decide on a new car. We would like the car to handle well on our small snowy street in the city and be fuel efficient and cost less than $25,000. I'm thinking some sort of small all-wheel-drive. Do you have any suggestions?

I would take a look at the Subaru Crosstrek or Impreza, the Honda HR-V and the Mazda CX-3 In all of these you will find a useful sized vehicles with all-wheel-drive while still returning good fuel economy and having the latest safety features. The all-wheel drive will get you through snowy streets and slightly higher seating position will give you a good view of the road.

I was looking at a 2011 Toyota RAV4 with all the bells and whistles but it has 127,000 highway miles on it. The dealer had just gotten the car in and it was getting a safety check. The dealer is looking for decent money for a vehicle with high mileage. A friend of mine purchased a BMW with high mileage and it has been a money pit. Would you consider buying this Toyota with this high mileage?

There is a significant difference in the maintenance and repair records of a high mileage BMW versus a high mileage Toyota. Cars today routinely last 200,000 miles or more with routine maintenance and at 127,000 this Toyota certainly has plenty of life left in it. As with any used car prior to purchasing it have it completely inspected by a qualified technician familiar with the vehicle.



JOHN PAUL - AAA's Car Doctor

I took my 2009 Mazda 6 to a quick lube to get an oil change and tire rotation and they informed me that I need to replace my power steering and brake fluid. I had the work performed, and now I'm wondering was it necessary?

It is certainly important to change some of the vital fluids in the car as they age and breakdown. Brake fluid can pick up moisture and become contaminated and cause some serious issues with the brake system over time. Power steering fluid can also become contaminated and interfere with the proper operation of the power steering system. The question did the service need to be performed – Mazda doesn't have a specific interval for replacing either of these fluids. In my opinion if the fluid were contaminated replacing them with clean factory specification fluid is money well spent.

The dealer has quoted me $599 for a 30,000 mile service with my 2015 Hyundai Sonata. To me this price seems excessive what do you think?

The 30,000 mile service includes an oil change, air and cabin filter change as well as a tire rotation. The labor for the 30,000 mile service is about three hours; this time is used to inspect a variety of systems on the car. Looking at the numbers $599 still seems excessive. At this point I would ask the dealer to itemize all of the charges as well as compare their suggested work to what is recommended in the vehicle owner's manual.

Four Quincy Students On Fairfield Dean's List

Four students from Quincy are on the Dean's List at Fairfield University for the fall semester.

They are:

Kelsey Elizabeth Laforest, Olivia Catherine McEvoy, Briana Alise Mullaney and Samantha Rose Woodbury.

Turn The Tide – Save The Souther Tide Mill

Cont'd From Page 17

able to erect a sign in the front of the mill, have made repairs, and have done landscaping on the property.

We are seeking resources for an interpretive outdoor kiosk that will provide the general public with information about the Souther Tide Mill history and how it operated starting in the 19th century. Your generosity will enable our non-profit museum to maintain an authentic working gristmill operation. Our goal is to renovate the historic mill and provide a visitor experience with educational programs.

Throughout the years, the mill has weathered hurricanes, blizzards, fires and, as well, some difficult financial times. However, our donors, members, businesses, and friends (including you) have always given us the strength, fortitude, and financial stability to weather the worst of storms. Please help us to move forward together to preserve Quincy's oldest surviving historic industrial structure.

Finally, we are always seeking to add to our collection through artifacts, tools, pictures, and articles connected with the property including Quincy Lumber Company, the granite industry, and maritime history.

We can be contacted through:

Friends of Souther Tide Mill, P.O. Box 692706, Quincy, MA 02269-2706

Website: www.southertidemill.org and www.southertidemill.com

Facebook page

Email: militia1775@aol.com (subject: Friends of Souther Tide Mill)

Telephone: (617) 471-3628

Please leave a message or enjoy watching a video on YouTube. Thank you!

Religion

Quincy Point Congregational Church

Sunday, Jan. 29th worship at Quincy Point Congregational Church, 444 Washington St. begins at 10 a.m.

Peter Johnston will be preaching a sermon titled, "*A New Be-Attitude.*"

The church is handicap accessible via the Abbey Road side of the building. Following worship there will be coffee and light refreshments in the social hall located on the lower floor. All are welcome.

Help others in need by donating non-perishable food items for Interfaith Social Services Food pantry. ISS assists South Shore community families in need in a multitude of ways like food, attire, counseling or utility/rent assistance.

Food Items are collected at Quincy Point Congregational Church the third Sunday of every month (this week) and delivered to ISS.

'Church Matters' Lecture At ENC Feb. 6

Duke University Professor Emeritus Stanley Hauerwas will be the guest speaker for Eastern Nazarene College's annual Gould Holiness Lecture, to be held Monday, Feb. 6 at 7 p.m. in the sanctuary of the Wollaston Church of the Nazarene.

Wollaston Church of the Nazarene is located adjacent to the Eastern Nazarene College campus at 23 E. Elm Ave. in Quincy.

Titled "Church Matters! Why the World Needs the Church to be the Church!" Hauerwas's lecture will consider the role of the church "in a time when secularism has become a radical expression of modernity." Following the presentation, a time of discussion and refreshments will be held in the church's Metcalfe Gathering Room.

The Gilbert T. Rowe Professor Emeritus of Divinity and Law at Duke University, Hauerwas is the author of "Community of Character: Toward a Constructive Christian Social Ethic" and "Vision and Virtue: Essays in Christian Ethical Reform."

Bethany Congregational Church

On Sunday, January 29, Bethany Congregational Church, Quincy Center, will have a Worship Service and Sunday School at 10:00 a.m. The Rev. Peter M. Premble will conduct the service and preach the sermon entitled "A New Teaching I Give You." Fellowship with light refreshments will follow the worship service.

All are welcome to attend Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon, and 1 to 4 p.m. Please visit us at our Web Page: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service on Sundays, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

Houghs Neck Congregational Church

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Liturgist Sue Rheault will call to worship and read the scripture lesson. Pastor Felix Carrion will lead the service, give the children's message and preach his sermon "Love, Learn, Laugh and Live." Nancy Jacobs and Robert Rheault will serve for the Diaconate.

Nursery is available for infants and tots.

Following the service a pot luck coffee hour is hosted by Nancy Jacobs.

Anyone can contribute and all are welcome.

Yoga meets tonight, Thursday at 7 p.m. Following a winter break Yoga will resume on Thursday, Feb. 16.

Saturday is the 8th annual Chili Cook-off from 2-5 p.m. in Fellowship Hall.

For $5 you can savor up to 20 different chilies from restaurants and home cooks and vote for your favorites. Hotdogs, baked goods and beer are available for additional cost.

Winter Bible Camp At Fort Square Church

Fort Square Presbyterian Church is offering a free Winter Bible Camp during February school vacation for grades kindergarten through grade 5.

The program consists of a Bible story, crafts, games, snacks, music and fun.

This year's theme is "Sheep, Sheep, Who is minding the Sheep?"

Sign-up is underway and space is limited to the first 30 children.

Camp hours are 9 a.m. to noon Tuesday, Feb. 21 through Friday, Feb. 24.

For more information or to register, email Laura McDonagh, volunteer children's ministry director, at childrensministry@fortsquare.org or call the church at 617-471-6808.

First Baptist Church of Wollaston

Sunday morning worship service begins at 10:30 a.m. at the First Baptist Church of Wollaston, 81 Prospect Ave.

All are welcome.

Pastor David Choi will preach the sermon, "His Body." Sunday School begins after the Pastor's message to the children.

The Annual Meeting of the church and a light luncheon will follow the service at 12:30 p.m.

Open Bible Study at 1 p.m. will not be held due to the Annual Meeting but will resume on Feb. 5th.

All areas of the church are handicap accessible.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible & Handicapped parking, side entrance air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will lead the service & preach the sermon "Love, Learn, Laugh, Live"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service and Sunday School at 10AM
Rev. Peter M. Preble will conduct the service and preach the sermon "A New Teaching I Give You"
Child Care Available
For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service
The church is wheelchair accessible

PEACE

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

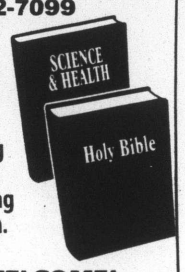
UNION CONGREGATIONAL
Beach St. & Rawson Rd., Wollaston
(617)479-6661
Rev. John Swanson, Pastor
Sunday Worship Service 10 AM

QUINCY POINT CONGREGATIONAL
444 Washington St. • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.


ALL ARE WELCOME!

Nazarene

Wollaston
Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service (Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

To Advertise in this Directory, Call 617-471-3100

OBITUARIES

Louise M. McDermott, 84

LOUISE M. McDERMOTT

A funeral Mass for Louise M. (Gomez) McDermott, age 82, of Braintree, was celebrated Jan. 21 in St. John the Baptist Church, Quincy.

Mrs. McDermott died at home Jan. 17 surrounded by her loving family.

She was born in Barre, Vermont, on Oct. 24, 1934, to the late Celestino and Josephine (Frassinelli) Gomez. She was raised in Quincy and was a graduate of Quincy High School, Class of 1952. She was also a graduate of the Faulkner Hospital School of Nursing. She had lived in Braintree for sixty years.

Mrs. McDermott was proud to be a registered nurse and devoted over fifty years of her life in the service of others. She served as the director of nursing at the John Scott House Rehabilitation and Nursing Center in Braintree for thirty-five years.

She loved boating and cruise trips to Alaska. She also enjoyed local trips to Cabbage Island, "the Pumpy" and rides to New Hampshire. Mrs. McDermott was devoted to her profession and especially to her cherished family.

Beloved wife for fifty-nine years of Richard F. McDermott, Braintree harbormaster. Devoted mother of Richard P. McDermott and his wife Marie of Nashua, NH, Kevin M. McDermott of Braintree, Lisa Nolan and her husband Thomas of Pembroke, Linda Solimini and Karen Johnston both of Braintree. Loving grandmother of twelve grandchildren and seven great-grandchildren.

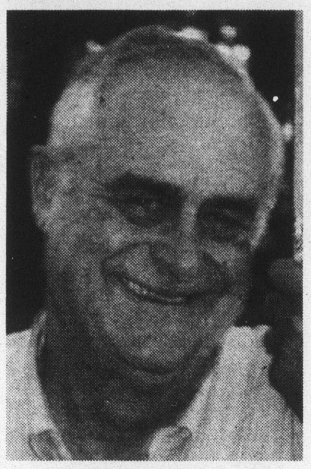
Dear sister of Celestino "Tino" Gomez and Sandra Donnellen both of Weymouth and pre-deceased by John Gomez. Also survived by many nieces and nephews and her loyal companion, "Skipper."

Interment Blue Hill Cemetery in Braintree.

Funeral arrangements by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the National Kidney Foundation, 85 Astor Ave., Suite 2, Norwood, MA 02062.

Albert Nogler



ALBERT NOGLER

A funeral service for Albert "Bert" Nogler was held Jan. 21 at Fort Square Presbyterian Church, Quincy.

Mr. Nogler died Jan. 17 to be with his Lord.

He was treasurer of Nogler Bros., which, with his father and two brothers, was established in 1954 with the capital of $6,800 that his dad had acquired from mortgaging his house. With much selling and hard work the family grew their food service business to a volume approaching $3 million per year. Although the company was small in a field of giant competition it thrived until 2006 when Mr. Nogler retired and closed the doors.

He served in the National Guard's 26th Yankee Division for eight years.

It was about the year 1984 that Mr. Nogler's spiritual life changed when he was invited to Fort Square Presbyterian Church in Quincy where he came to the saving knowledge of Jesus Christ. At Fort Square Church he served as deacon for 6 years, 4 years as elder, many years as president of adult Bible study, many years of leadership of the Alfa program, many years of serving on the Evangelism Committee, served 4 years as president of the Mission Committee and had been a leader of many other Bible studies through the years. He also led the building of homes for Habitat for Humanity.

He leaves his beloved wife of 64 years, Dolores "Dolly," his son Albert of Hanover, his daughter Jennifer of Boise, Idaho, his son David of Phoenix, Arizona, and 9 grandchildren and 9 great-grandchildren.

Although Mr. Nogler was sorry to leave so many friends and loved ones he is now at peace with his Lord.

Funeral arrangements were made by Alfred D. Thomas Funeral Home, Milton.

Interment at Milton Cemetery.

Memorial donations may be made to Fort Square Presbyterian Church, 16 Pleasant St., Quincy, MA 02169.

R. Christian Haufler, Jr., 64

R. CHRISTIAN HAUFLER, JR.

A Memorial Mass of Christian Burial for R. Christian Haufler, Jr., 64, a respected family law attorney of Haufler Associates, was celebrated Jan. 20 in St. Mary's of the Nativity Church, Scituate.

Mr. Haufler died peacefully at his Marshfield home Jan. 14 surrounded by the love, care and comfort of his family and friends following a courageous battle with cancer.

Raised in Scituate, he was the son of the late Elizabeth R. (Kelly) & Attorney Robert C. Haufler, Sr. He graduated from Tilton Prep School class of 1970 and Ripon College class of 1974. He received his Juris Doctor degree from Boston College Law School in 1978, and received additional trial certifications from Harvard Law School, the American Academy of Trial Lawyers and many more associations. Mr. Haufler was a member of the Massachusetts and Florida Bar Associations, and served his country with honor as an officer in the US Army, Military Intelligence Branch.

An avid boater, sport fisherman and hunter, Mr. Haufler was also passionate about conservation of natural resources. He was a former chairman and committee member of the Minots Ledge Chapter of Ducks Unlimited and was directly responsible for raising over $1 million for wetlands conservation and sportsman habitats. His closest friends and family will always remember his caring, selfless ways and his big heart. In Mr. Haufler, you could have no better friend or wingman.

His is survived by his loving wife, Claire T. (DeYoung) Haufler and her children Christopher Keegan of Plymouth, Brian Keegan and his wife Meghan of Forestdale, Kimberly Keegan-Page and her husband Greg of Taunton and Mark Leary of Marshfield. Loving brother of Elizabeth MacKay and her husband Michael, and Judith Cunha and her husband Robert, the late Diane Marie Miers, all of Marshfield Hills. Also survived by many dear individuals whom he thought of as a part of his family including Randy Norton of Wisconsin, and his colleagues in the firm including his longtime assistant, Gayle McLaughlin of Quincy. Also survived by 7 cherished grandchildren and many nieces and nephews.

A private burial at sea was his wish.

Memorial donations may be made to either the Wounded Warrior Project and/or the Scituate Animal Shelter.

Assisting the family is Hamel Funeral Care & Cremation Service of Massachusetts, hamelfuneralcare.com.

More Obituaries Online at www.thequincysun.com

Natalie A. Caron, 32

NATALIE A. CARON

A service in celebration of the life of Natalie Ann Caron, 32, of Mansfield and formerly Quincy was held Jan. 21 in McDonald Keohane Funeral Home, South Weymouth.

Ms. Caron died in a car crash on Jan. 15.

She worked for Herb Chambers Lexus in Sharon. Ms. Caron was a graduate of North Quincy High School where she was captain of the track team. She treasured spending time with family, her cousins, and her friends. She was smart and loved to read. She also enjoyed taking walks through the Blue Hills, relaxing at Nantasket Beach and family vacations at Ogunquit, ME.

Most of all, Ms. Caron cherished her relationship with her daughter and best friend Olivia. Cuddling with Olivia was Ms. Caron's greatest joy. Ms. Caron was a bright light in so many lives and she will never be forgotten.

Loving daughter of John P. Caron of Weymouth and Kimberly Fitzgerald of KY. Loving sister of John Caron, Sarah Caron, both of Rockland, and Ian Boshell of KY. Also survived by many aunts, uncles, cousins and friends.

A scholarship fund in Olivia's name is being established. Details will be posted at keohane.com.

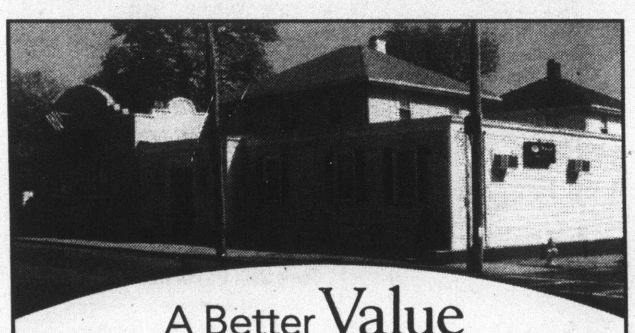
Florence M. Costello

Florence M. (McLeod) Costello of Quincy and Londonderry, NH, died Jan. 16.

Loving wife of the late Thomas J. Costello. Devoted mother of the late John "Jack" and his wife Lisa M. (Thorburn) Costello. Survived by her loving sister Jean Smith of Jamaica Plain. Predeceased by five loving sisters Anna M. Shand, Esther F. Wotring, Rita S. Runyon, Alice M. McLeod, Madeline C. Foti, and her only brother Alden M. McLeod. Devoted daughter of the late John M. McLeod and Alice M. (Reid) of Boston and Nova Scotia, Canada. She leaves many nephews, nieces, and friends.

It is Mrs. Costello's wishes that all services will be private. A memorial service will be held by her loving family at a later date.

Arrangements by Keohane Funeral Home, 785 Hancock St., Quincy.



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joseph.moya@comcast.net

Bruce R. Oneto

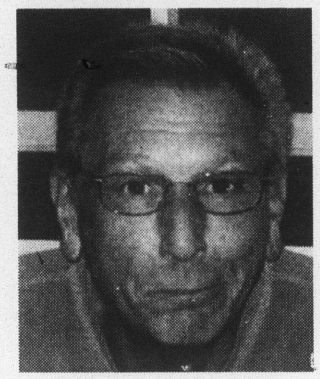
A funeral Mass for Bruce R. Oneto of Quincy and formerly North Weymouth was celebrated Tuesday in Sacred Heart Church, Quincy.

Mr. Oneto died Jan. 20.

He was a very simple and gentle man. Mr. Oneto adored his family, especially his grandchildren who he loved unconditionally. His greatest passion was fishing and maintaining his fish tanks. He also enjoyed coin collecting, watching the Red Sox, Bruins and Pats while sitting by his fireplace. He loved "green grass."

Mr. Oneto owned and operated B&D Painting for more than 30 years, which gave him a great sense of accomplishment. He will be remembered for his honesty, kindness, compassion and love of his immediate as well as extended family "Big Daddy."

Beloved husband of 45 years to Jane M. (Spolidoro) Oneto of Quincy. Loving father to David Oneto and his wife Alicia of Brockton, Kerri Hallahan of Quincy, Kristin Oneto of Quincy, and Linda Gentile of Brockton. Cherished "Grampy" to Rebecca and Stephen



BRUCE R. ONETO

Hallahan, Arianna and D.J. Oneto, Kylie and Scott Mulvey and Bobby Cattoggio. Nephew to his very special Aunt and Uncle, June and Stanley Moe of Quincy. Brother-in-law to Joanne Connell, Karen Connell, Eleanor Woods and their husbands. Uncle to Paula, Norman, Robbie, Mary, Susan, Marco, Adam, Joey, Tia and their spouses. Also survived by his beloved dogs, Angel and Jiggs.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Hospice of the South Shore, 30 Reservoir Park Dr., Rockland, MA 02370.

Martha McShane Baumann

A quiet gathering of remembrance with family for Martha McShane Baumann, daughter of Ruth (Fuller) and Edward McShane, was held at the Common Market.

Mrs. Baumann died at home following a long illness Jan. 14. Her remaining hours were spent with her family visiting throughout the day. Her wish to be at home was realized because of the loving care from family, South Shore Visiting Nurses and Old Colony Hospice.

Married for 59 years, she was predeceased by her husband, George A. Baumann.

Mrs. Baumann is survived by her daughter, the Rev. Rebecca E. Baumann of Quincy with whom she lived for the last three years. Two grandsons and their families were with her on her last day; Timothy O'Brien and his wife Carolyn of Dedham and their sons Benjamin and Samuel; Devin O'Brien and his wife Lindsey of Brookline, NH and their children Elliott and Molly.

Mrs. Baumann was a quiet and gentle woman who adored her family. She was very gracious and generous always having a beautiful smile for anyone.

Born in Lewiston, ME she spent her early years living in Bath, ME. Upon entering high school, she moved with her mother to Auburn, ME where she graduated from Edward Little High School in 1944. Upon graduation, she was employed at Cushman Shoe in Auburn. A co-worker, Kay, who would later become Mrs. Baumann's sister-in-law, introduced her to her brother George on a blind date. They were married several years later at High Street Methodist Church in Auburn. As an only child, Mrs. Baumann

MARTHA McSHANE BAUMANN

loved her new family of five siblings and ultimately her many nieces and nephews.

Eventually, the couple moved to Saugus and then Chelsea before settling in Wollaston. Together she and her husband ran Baumann Contracting Co. for more than thirty years. She was employed for many years as a bookkeeper with Howard Johnson's in the Motor Lodge Accounting Division. Upon retirement, she and her husband enjoyed several trips to Europe, Alaska and across country. When George could no longer drive, Mrs. Baumann received her drivers license at the age of 75.

She had been a member of the Fuller Society, the Order of Eastern Star as well as Quincy Community United Methodist Church. Mrs. Baumann particularly enjoyed the fellowship and outreach of the churchwomen of Sigma Phi.

Her ashes will be interred in the spring at Gracelawn Cemetery in Auburn, ME. Burial will be private.

Memorial donations may be made to the Joslin Diabetes Clinic.

Arrangements were made by Lydon Chapel for Funerals, 644 Hancock St., Quincy.

James DiGiusto, 91

A funeral Mass for James DiGiusto, age 91, a longtime Quincy resident, was celebrated Monday in St. John the Baptist Church, Quincy.

Mr. DiGiusto died Jan. 18 at the Veterans Administration Boston Medical Center in West Roxbury, surrounded by his loving family.

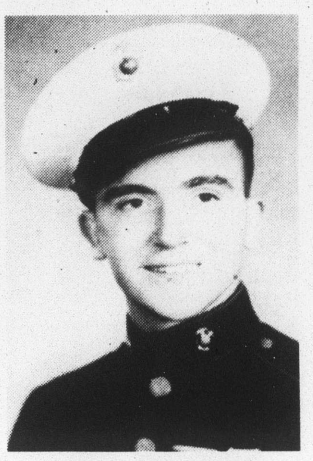
He was born in Anversa degli Abruzzi, Italy, on Jan. 3, 1926, to the late Angelo and Antonia (DelGreco) DiGiusto. He immigrated to the United States in 1938 and was raised in Quincy where he continued to live for seventy-nine years.

Mr. DiGiusto was employed as a machinist and foreman in the machine tooling industry for many years. Most recently, he worked for the Haemonetics Corporation in Braintree and previously for the former Arch Gear Works in Quincy and the former Corey Tool Company in Braintree.

Mr. DiGiusto was a decorated World War II veteran having served in the Pacific Theater with the U.S. Marine Corps. He received two Purple Heart Medals for wounds received during the Battle of Okinawa on May 19, 1945, and July 2, 1945. He was a longtime active parishioner and extraordinary minister at St. John the Baptist Church in Quincy.

Mr. DiGiusto enjoyed music and ballroom dancing. He loved spending time at his summer home in Falmouth and trips to Old Silver Beach. He was dedicated to his wife Ann and his family and supported his grandchildren and great grandchildren in their various activities and sporting events.

Beloved husband for sixty-six years of Antonietta "Ann" (DiCroce) DiGiusto. Devoted father of Steven P. DiGiusto and his wife Debra of Hingham, Mark J. DiGiusto and his wife Linda of Billerica, David A. Di-



JAMES DiGIUSTO

Giusto and his wife Regina of Braintree, Deborah DiGiusto Roussinos and her husband Don of Braintree, the late Claudia M. Ahola and her former husband Robert of Sandwich.

Loving grandfather of Kevin Ahola and his wife Lynn of Pembroke, Julie DiMartino and her husband Nick of Braintree, David Ahola and his wife Priya of MD, Sherrill Anne Keenan and her husband Matthew of Weymouth, James DiGiusto and his wife Jaime of Halifax, Danielle DiGiusto, Michelle DiGiusto both of Peabody, Earl Hersam of ME, Lisa Herrmann and her husband Geoffrey of Braintree, Julie DiGiusto of Cambridge, Stephen DiGiusto and Emily DiGiusto both of Braintree and Andrew Roussinos of Boston.

Cherished great-grandfather of Anthony, Jake, Charlie, Joe, Diya, Taj, Kira, Molly, Zachary and Domenic. The last of three siblings, he was predeceased by Frank and Domenic DiGiusto and is survived by many nieces and nephews.

Interment with Military Honors at Mount Wollaston Cemetery in Quincy.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to Fisher House at the VA Boston Medical Center, 1400 VFW Parkway, West Roxbury, MA 02132.

Beverly A. McCormack

Visiting hours for Beverly Ann (Gentry) McCormack were held Jan. 21 in Dolan Funeral Home, East Milton Square.

Mrs. McCormack died in Quincy on Jan. 13.

Born in Quincy on June 16, 1949, she graduated from North Quincy High School in 1967, and later graduated from Perry College in Boston.

Mrs. McCormack worked in the Boston theaters for 45 years, holding many positions, including the assistant chief usher at the Music Hall and Wang Center, the chief usher at the Boston Opera House, and the stage door person at the Colonial Theatre. In addition, she served as the business agent for the local ushers' union, IATSE Local B-4, for more than 30 years.

She is survived by her husband Thomas; daughter

BEVERLY A. McCORMACK

Molly Lebel; four grandchildren, Steven, Emilia, Teagan, and Cassidy; her sister Shirley Pittore; brother Douglas Gentry; and a number of nieces and nephews.

Mrs. McCormack's true loves in life were her children, her grandchildren, her work in the theater, and New Hampshire, where her family has owned a summer cottage for many years.

Memorial donations may be made to Broadway Cares 165 West 46th St., Suite 1300 New York, NY 10036.

Arlene T. Page

A funeral Mass for Arlene T. (Dolan) Page of Quincy was celebrated Jan. 20 in St. Joseph's Church, Quincy.

Mrs. Page died Jan. 16.

She was a devoted member of St. Joseph's Church in Quincy where she became a Eucharistic minister and a member of Sodality. Mrs. Page had a love for dancing and music. Her main passion in life was her family and spending time with those she loved. She will be sadly missed but never forgotten.

Beloved wife of the late Robert W. Page. Loving mother of Robert W. Page Jr. and his wife Lynda of Quincy, Susan Page of Weymouth, Debbie Cabezas and her husband Stephen of Abington, Eddie Page of Quincy and Cindy Walsh and her husband Chris of Weymouth. Devoted Nana of Jonathan, Robbie, Adam, Tanya, Danielle, Paige, Jus-

ARLENE T. PAGE

tine, Evan, Kayla, Christopher, Lindsey, Lauren, Billy and 6 great-grandchildren. Cherished sister of the late Francis Dolan, Cecilia Sullivan and Dorothy Babbit. Also survived by many nieces and nephews.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Blue Hill Cemetery, Braintree.

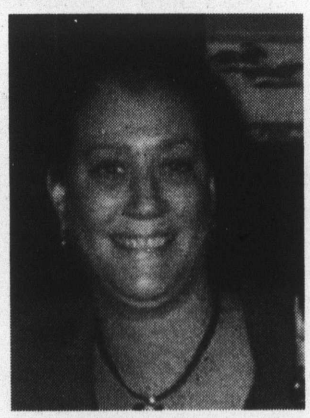
Memorial donations may be made to St. Joseph's Church, 556 Washington Street, Quincy, MA 02169.

Maureen McManus-Keyes

Visiting hours for Maureen "Moe" McManus-Keyes of Quincy were held Sunday in Casper Funeral Home, Boston.

Ms. McManus-Keyes died Jan. 17.

Beloved daughter of Karen McManus-Burke and her husband Richard Burke and the late Edward M. McManus. Dear sister of Lynn Lawlor and Deborah McManus and the late Denise McManus. Niece of Janice Nutley. Also lovingly survived by her numerous nieces, nephews, cousins



MAUREEN McMANUS-KEYES

and friends.

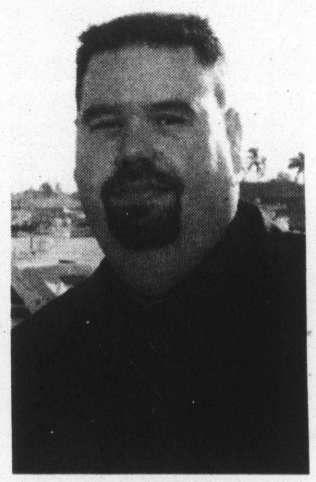
Private interment.

Scott J. McClenaghan, 41

Visiting hours for Scott J. McClenaghan, 41, of Quincy, were held Jan. 22 in Pyne Keohane Funeral Home, Hingham.

Mr. McClenaghan died unexpectedly Jan. 17.

Beloved son of Alice Delaney of Hull and the late James F. McClenaghan. Mr. McClenaghan is survived by three sisters, Barbara Delaney and Darlene Delaney, both of Hull, and Suzanne Medina of Pennsylvania. He is also survived by two nieces, Amber Kelly and her husband Michael and their daughter Scarlet of Hull and Alicia Hever and her husband 1st Lt. Adam and their children Jayden and Erin of Fort Drum, NY. Also sur-



SCOTT J. McCLENAGHAN

vived by his uncle Clifford Russell and his partner Judy Wolfe.

OBITUARIES

James P. McDonald, 90

A funeral mass for James P. McDonald, age 90, of Quincy, will be celebrated at 10 a.m. Thursday in St. Joseph's Church, Quincy.

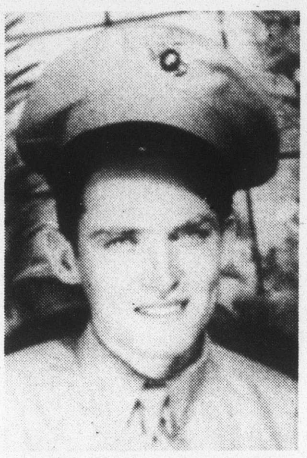
Mr. McDonald died peacefully Jan. 21 at the Edith Nourse Rogers Memorial Veterans Hospital in Bedford, after a brief illness, surrounded by his loving family.

He was born in Boston on March 20, 1926, to the late Michael F. and Julia (McDonnell) McDonald. He was raised in Boston and was a graduate of Roxbury Memorial High School, Class of 1942. He had lived in Quincy for sixty years.

Mr. McDonald was employed for thirty-two years as a route sales representative for the former Continental Baking Company and had been retired twenty-six years. He also served for over twenty-five years on the Quincy Housing Authority as both a commissioner and former chairman.

Mr. McDonald was a proud World War II combat veteran. He served in the U.S. Navy and was assigned to the 1st Marine Division as a corpsman. He fought alongside the Marines who hit the beach on Okinawa on April 1, 1945. During the ensuing battle, Mr. McDonald cared for and treated the dead and wounded Marines in one of the bloodiest battles of World War II. For his service, he was promoted to pharmacist mate 3/c and received the Asiatic Pacific Ribbon with 1 star.

Mr. McDonald's love of the Navy and Marine Corps continued throughout his life and every year he would attend the Marine Corps Semper Fidelis Luncheon in Boston to celebrate with his Navy and Marine Corps



JAMES P. McDONALD

brothers.

He was a member of the Braintree American Legion, the Quincy Lodge of Elks and the Constables Association of America. Mr. McDonald was a longtime active member and usher at St. Joseph's Parish in Quincy. He enjoyed golfing and was an avid New England Patriots fan. He also enjoyed music and sang in various musical shows.

Beloved husband for fifty-eight years of Elba M. (Lorito) McDonald. Devoted father of Steven M. McDonald, Detective Lieutenant, Massachusetts State Police of Quincy. Mr. McDonald was the last of six siblings and was predeceased by his sisters, Dorothy McDonald, Christine Arbing, Josephine O'Day, Georgine Mason and Frances Crawford. He is survived by many nieces and nephews.

Visiting hours were 4 to 7 p.m. Wednesday in Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. Funeral from the funeral home at 9 a.m. Thursday, prior to the Mass.

Interment with Military Honors at Blue Hill Cemetery in Braintree.

Memorial donations may be made to the charity of your choice.

Patricia J. Wallace

A funeral Mass for Patricia J. (Brennan) Wallace, 71, of Weymouth and formerly Quincy, was celebrated Monday in St. Albert the Great Church, Weymouth.

Mrs. Wallace died Jan. 20.

Her greatest joy was spending time with family and friends, especially her grandchildren, whom she adored.

She was the loving mother of Michelle Woods and husband Pete of Madison, CT and William Wallace and wife Stacy of Hanover. Sister of Michelle Brennan of Germany and John Brennan of Easton. Devoted "Grandma Patty" to Nicholas Woods, Amy Woods, Will Wallace and Allison Wallace. Mrs. Wallace was the longtime companion of

PATRICIA J. WALLACE

the late Joe Lombardi.

Funeral arrangements were made by McDonald Keohane Funeral Home, South Weymouth.

Memorial donations may be made to the American Liver Foundation, N.E. Chapter, 88 Winchester St., Newton, MA 02461.

Dorothy E. Fitzgerald, 86

Funeral services for Dorothy E. (White) Fitzgerald, age 86, of Braintree, will be held at 11 a.m. Friday in First Presbyterian Church, Quincy.

Mrs. Fitzgerald died peacefully Jan. 19 at the Beth Israel Deaconess Medical Center in Boston, surrounded by her loving family.

She was born in Milton on April 11, 1930, to the late Fred J. and Anna E. (MacIver) White. She was raised in Weymouth and had lived in Braintree for over twenty years, previously living in Roslindale and Hopedale.

Mrs. Fitzgerald was a homemaker and was known as an excellent cook. She had also worked at the Brockton Enterprise and at the former Vallas News in Weymouth.

She enjoyed her relationships and friends at Independence Manor in Braintree where she was involved in arts and crafts and many other activities. Mrs. Fitzgerald loved ice-skating and was an avid New England Patriots fan. She was dedicated to her family and friends.

Devoted mother of Stephen G. Fitzgerald of Quincy, Brian D. Fitzgerald and his wife Alyssa of

DOROTHY E. FITZGERALD

Northampton and Jeffrey S. Fitzgerald of Cambridge. Loving grandmother of Rachel and Sara Fitzgerald. Dear sister of John White of Canastota, NY, Mary Slyman of Hingham and the late Anna Clare. Also survived by many nieces and nephews.

The Rev. Donald P. Hammond will officiate the services.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy on Thursday from 5 to 8 p.m.

Interment Blue Hill Cemetery in Braintree.

Memorial donations may be made to the charity of your choice.

Rita M. Jones, 73

Funeral services for Rita M. (Chiavaroli) Jones, age 73, a lifelong Quincy resident, will be held at 11 a.m. Friday in Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Jones died peacefully Sunday at home, surrounded by her loving family.

She was born in Quincy on Feb. 13, 1943, to the late Samuel and Irene (Papile) Chiavaroli. She was raised in Quincy and was a graduate of Quincy High School, Class of 1960.

Mrs. Jones had been employed as an assembler for the Sigma Instrument Company in Braintree for over thirty years.

She was fond of her family's pet dogs and was a New England Patriots fan. Mrs. Jones was devoted to her family and especially to her cherished grandson, Michael.

Beloved wife for forty years of the late Kenneth D. Jones. Devoted mother of William P. Chiavaroli and his wife Sherri of Bourne, Kimberly A. Jones-Pollara and Alex Cochrane of Quin-

RITA M. JONES

cy. Loving grandmother of Michael S. Civitarese. Dear sister of Dominic Chiavaroli and his wife Athena of Quincy. She is survived by many nieces, nephews, grandnieces and one grandnephew. Mrs. Jones was also a longtime friend of Dolly Crawley of Weymouth.

Visiting hours are 9:30 to 11 a.m. Friday in the funeral home.

Private interment services at Village Cemetery in Weymouth will be held at a later date.

Memorial donations may be made to the Scleroderma Foundation, 300 Rosewood Dr., Suite 105, Danvers, MA 01923.

More News Online at
www.thequincysun.com

Dorothy A. Lavender, 83

A funeral service for Dorothy A. (Petrilli) Lavender, 83, of Weymouth will be held at 10:30 a.m. Friday in McDonald Keohane Funeral Home, East Weymouth.

Mrs. Lavender died Jan. 21.

She was born and grew up in Quincy. She enjoyed spending time with family and friends at her cottage in New Hampshire. Mrs. Lavender also enjoyed sewing, crocheting and knitting.

Wife of the late Gordon H. Lavender, Jr. Mother of James Lavender of Taunton and the late Lee-Ann Merchant. Grandmother of Kristina M. O'Connor of Halifax. Great-grandmother of Kayla and Emma O'Connor. Sister of Barbara Rae of Canton, Richard Petrilli of Hull, Roberta Goulding of Braintree and the late Lawrence and James Petrilli.

Visitation is 9:30 to 10:30 a.m. Friday in the funeral home.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to the Alzheimer's Assn., MA Chapter, 480 Pleasant St., Watertown, MA 02472.

High-Rise Apt. Building

Cont'd From Page 12

been leased out, while six condominiums at Cliveden Place, which is still under construction, were already under agreement prior to an open house Sunday.

"There is a need out there for these luxury condos and for the apartments," DiBona said.

"It's time to move forward with the downtown development and make this happen. All my life I've lived here and we haven't done as much as we should with the downtown."

Ward 2 Councillor Brad Croall said residents have raised some concerns about development in the city – and it was important to protect existing neighborhoods – but the Quincy Center is an area targeted for revitalization.

"When we view development like we are tonight, we're viewing it in a zone… that has been set up to accommodate development to ultimately create a different experience for the city of Quincy – for residents here and residents forthcoming," he said.

Ward 3 Councillor Ian Cain, though he did support the LDA, said he would have preferred it if other options had been presented for consideration. In the future, he said the city should be proactive in looking for developers, including those who would bring commercial developments to the area.

"I don't want to sit here… I don't want the administration to be sitting and waiting for people to come to us," Cain said. "We need to work harder to attract more because this not only should be a place where people can live and eat and play, there should be more commercial activity down here. I want more businesses and I don't think we're doing a good job of that."

Ward 4 Councillor Brian Palmucci echoed those same concerns, and said future developments on the Hancock Lot should go through a formal request for proposals process.

Additionally, Palmucci was concerned Chestnut Place – and the two downtown developments that preceded it – have not included affordable housing and the developers behind those projects have not had to pay into the city's affordable housing fund in lieu of setting aside units. The city's zoning code exempts downtown projects from the affordable housing requirements, but the Urban Revitalization and Development Plan for Quincy Center includes, among its goals, the creation of housing for different income groups.

"[Affordable housing is for] folks you want in your city – nurses, teachers, firefighters, police officers," Palmucci said. "We're not talking about people without jobs, people that have no income. We're talking about regular people. We're talking about the middle class."

Councillor Nina Liang, who chairs the downtown and economic growth committee, raised questions about several easements O'Connell would receive under the LDA. The deal gives the developer easement rights to about 18,000 square feet of land. Those rights would be used for a sidewalk, which O'Connell would construct, as well as a loading zone. Liang was concerned about a 2,400 square foot easement where parking for the building would go.

Geary said that easement would be used for parking for city residents and others who wish to park on site and visit the retail space on the ground floor, and O'Connell will control those spaces and ensure tenants of Chestnut Place are not using them. Liang welcomed that news.

City Council President Kirsten Hughes, who is the Ward 5 councillor and represents much of Quincy Center, thanked Geary and Shea, the Planning Department and her colleagues for their respective work done over the last several meetings as the LDA was reviewed. She made the motion to approve the agreement.

O'Donnell Highlights Year 2016 At Norfolk Registry Of Deeds

Cont'd From Page 15

public accessibility is a key focal point to the Registry's operation.

"In 2016, you didn't need to come to the Registry to get your work done. You could view all documents online from your home or work computer." O'Donnell said. "Additionally, we have added resources to our Customer Service Center which you can call from 8:30 a.m. to 4:30 p.m. Monday through Friday at 781-461-6101.

In 2016, the Registry focused on upgrading its computer security network, along with educating its workforce not to fall victim to a cyber-attack. On the capital improvement side, it also made several extensive renovations to its historic building opened in 1903.

O'Donnell noted that the Massachusetts Registries of Deeds were the recipients of three major victories on Beacon Hill in the last year.

"We were able to have our tech fund extended that we can remain responsive and cost efficient in our operations. Lastly, the Governor just signed into law legislation designed to modernize and make more cost efficient how Registries store their vast documentation," O'Donnell said.

"The year 2016 was a productive and pivotal one for the Norfolk County Registry of Deeds. What was accomplished last year, will only make us better equipped to meet the challenges of 2017," O'Donnell added.

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or on the web at www.norfolkdeeds.org.

PUBLIC NOTICE

CITY OF QUINCY
BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the General Laws of Massachusetts that the Board has received an application from Malia Brothers, LLC., d/b/a/ Quick 6 of Quincy, 637 Southern Artery, Gurminder Singh, Manager, for Transfer of the Retail All Alcohol Package Store License presently held by Gidda Enterprises, Inc. A hearing will be held in City Hall in the First Floor Meeting Room, 1305 Hancock St., Quincy. **February 7, 2017** at **4:00 P.M.**

Andrew G. Scheele
Chairman

1/26/17

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
INVITATION TO BID

The City of Quincy, Massachusetts is seeking sealed bids for **Hancock Adams Green – Phase 2** until **11:00 a.m.** local time **Thursday March 2, 2017,** in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract consists of construction of Phase 2 of the Hancock Adams Green Park. Project Work includes, but is not limited to: earthwork, drainage, utility installations and relocations, backfilling, grading, paving and hardscaping, site stonework, horticultural soils, landscape planting, irrigation, site monuments and artwork, site lighting and electrical, water features and fountains, site furnishings, amenities, sound system, access-ways, and all associated appurtenances and all materials, equipment, services and construction inherent to the Work. Public access and pedestrian traffic flow throughout the area must be maintained in existing or temporary form for the duration of construction.

A non-mandatory (but highly recommended) briefing session and site walk shall be held on Wednesday, Feb. 8th 2017 at 10:00 a.m. at Quincy City Hall, Purchasing Dept. All Work under this Contract shall be completed by May 4, 2018.

The detailed specifications for this project are currently available at no cost to the vendor on-line at http://www.quincyma.gov/Government/PPD/PurchasingBidPage.cfm. Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM for a refundable printing charge of $100.00 if returned 10 days within Bid opening and in unused condition.

Specifications will be available January 31, 2017.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor

Kathryn R. Hobin
Chief Procurement Officer

1/26/17

REQUEST FOR PROPOSALS **REQUEST FOR PROPOSALS**

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

ASSESSORS OFFICE **PERSONAL PROPERTY REVALUATION & MAINTENANCE** **FEBRUARY 9, 2017 @ 12:30 P.M.**

In accordance with M.G.L. Chapter 30B, the City of Quincy, on behalf of the Assessors Office is seeking proposals for a complete revaluation of all personal property in fiscal year 2018, together with the listing, coding and valuation maintenance services on personal property within the City of Quincy for the implementation in fiscal years 2019 and 2020.

Non-price bids/proposals must be in a sealed envelope and price proposals must be in a separate sealed envelope. The outside of the sealed envelopes are to be clearly marked **"RFP – Non Price Proposal Enclosed"** with the name/time/date of the RFP and **"RFP – Price Proposal Enclosed"** with the name/time/date of the RFP.

Detailed specifications are available online at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

Proposals will be received at the Office of the Purchasing Agent until the time and date stated above. Late proposals, delivered by mail or in person, will be rejected.

All questions regarding this bid should be directed to Kathryn R. Hobin, Purchasing Agent, through fax: 617-376-1074 and email to: purchasing@quincyma.gov.

If applicable, proposals shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R. Bidder must abide by the prevailing wages as established by the Massachusetts Department of Labor and Industries.

The right is reserved to reject any or all proposals or to accept any part of an RFP or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor
Kathryn R. Hobin, Purchasing Agent

1/26/17

REQUEST FOR QUALIFICATIONS and STATEMENT OF QUALIFICATIONS

REQUEST FOR QUALIFICATIONS
and
STATEMENT OF QUALIFICATIONS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

Invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

ACCELERATED REPAIR BOILER REPLACMENT
PUBLIC BUILDINGS **RFQ for "GENERAL CONTRACTORS"** **FEBRUARY 9, 2017 @ 11:00 A.M.**

The City of Quincy hereby requests qualification to prequalify "General Contractors" in accordance with M.G.L. c. 149, sections 44D ½ and 810 CMR 9.00 **The General Contractor is required to be DCAMM Certified in "MECHANICAL SYSTEMS".** Filed sub-bidders are not required to be pre-qualified for this project. The Accelerated Repair Boiler Replacement project will include the replacement of boilers and associated electrical, plumbing, masonry work at four separate elementary schools as follows: Atherton Hough Elementary School; Beechwood Knoll Elementary School; Merrymount Elementary School and the Wollaston Elementary School. The work will include replacement of existing boilers, pumps, piping, water heaters, and lighting at all four schools; abatement at all schools except Beechwood Knoll; removal of existing oil tanks at Atherton Hough and Merrymount; selected ADA renovation work in toilet rooms at Merrymount and Wollaston; and the installation of a new exterior electrical generator to replace an existing indoor generator at Atherton Hough.

The General Contractor is expected to conduct the work of the project at all four sites simultaneously for the required completion dates. Work outside of the boiler rooms of these respective school buildings shall be substantially complete no later than August 21, 2017. Work inside the boiler rooms shall be substantially complete and fully operational no later than September 29, 2017. All workers will be required to pass CORI. Qualifications must indicate construction and coordination of filed sub-bid contractors. Filed sub-bid contractors for this project are anticipated to be masonry, painting, plumbing and electrical. The estimated construction duration from award through completion will be seven months. The estimated construction cost construction is $2,500,000.

Interested General Contractors DCAMM Certified in **"MECHANICAL SYSTEMS"** must provide a currently valid Certificate of Eligibility issued by DCAMM pursuant to M.G.L. c. 149. The anticipated completion date for prequalification evaluations is February 15, 2017. The Project Team includes the City of Quincy (Awarding Authority), Architectural Engineers, Inc. and Hill International.

Request for Qualification packages are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

RFQ/SOQ's will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be opened and registered. Late Bids/Proposals, delivered by mail or in person, will be rejected.

Proposals must be in a sealed envelope/box (5 copies/1 original requested/1 thumb drive). Submittals must be properly identified on the outer envelope: **"REQUEST FOR QUALIFICATIONS-GENERAL CONTRACTOR SERVICES-ACCELERATED REPAIR BOILER REPLACEMENT PROJECT".**

There will be a pre-bid conference after prequalification is concluded and the project is being bid that will include site visits. There will be no mandatory site visit for pre-qualification.

If applicable, Bids/RFQ's shall be in accordance with Chapter 149 of the M.G.L. as amended. M.G.L. Chapter 39, section 39A, 39B and 39F-R. M.G.L. Chapter 149, Section 26, 27, 29, 35 and 44A-44M. Chapter 7 §38A1/2 – O, as last revised. All applicable Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Thomas P. Koch, Mayor
Kathryn R. Hobin, C.P.O.

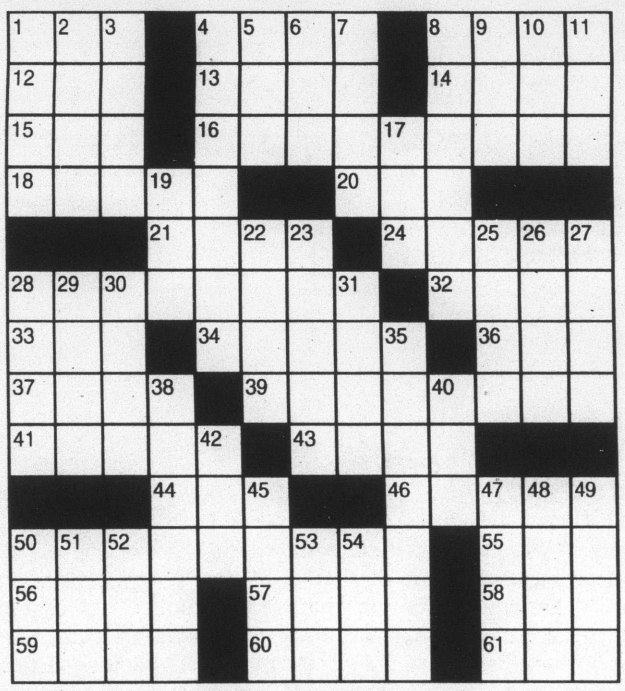
1/26/17

SUN FUN PAGE

King Crossword

ACROSS
1 Stomach muscles
4 Graceful sprite
8 Wise one
12 Promise
13 Surrounded by
14 From the beginning
15 Mound stat
16 Make more acceptable
18 Picture puzzle
20 Thee
21 Sharp turns
24 Horse's call
28 Drool
32 Unrivaled
33 Hearty brew
34 Beethoven's "Fuer --"
36 Pitch
37 Campus mil. org.
39 Part
41 Man of morals?
43 Mediocre
44 Workweek end (Abbr.)
46 Poisonous
50 Asphyxiate
55 Cattle call?
56 Capri or Wight
57 Always
58 Puncturing tool
59 Bygone comedian Martha
60 College VIP
61 Blue

DOWN
1 State with certainty
2 Use a drill
3 Use a mop
4 Lethargic
5 Ostrich's cousin
6 Cage component
7 Without doing anything
8 Justice Alito
9 Literary collection
10 Obtain
11 Ram's mate
17 Charged bit
19 Submachine gun
22 Guys' dates
23 Pigs' digs
25 Tittle
26 Summertime pest
27 Present
28 Poet Teasdale
29 Lotion additive
30 "-- Make a Deal"
31 Hockey legend Phil, to fans
35 Oriental
38 Morning stimulant
40 Kanga's kid
42 Expert
45 On the rocks
47 Grand opening day?
48 Midwest state
49 45-Down, perhaps
50 Knightly address
51 Mex. neighbor
52 Aviate
53 "Hail!"
54 Alternative to 38-Down



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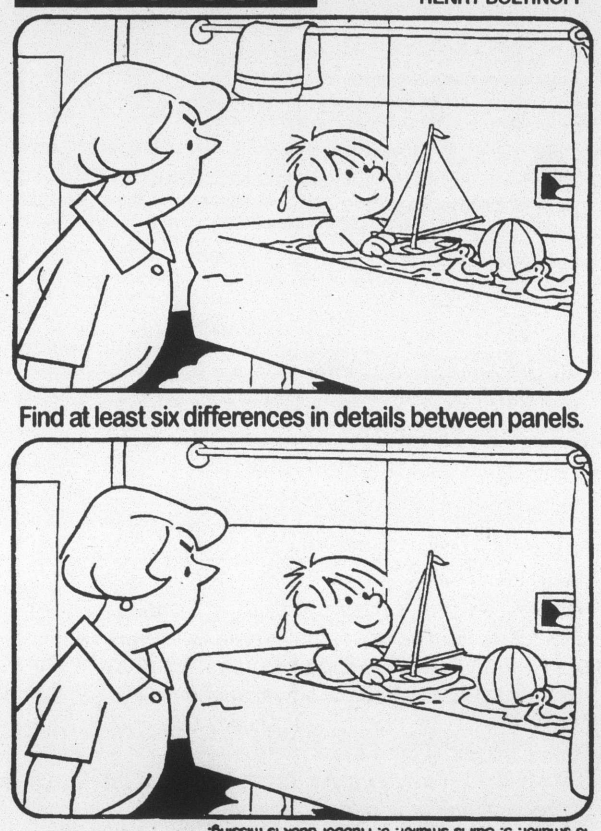
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hair is different. 2. Sleeve is shorter. 3. Towel is missing. 4. Puddle is smaller. 5. Sail is smaller. 6. Rubber duck is missing.

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Trivia test by Fifi Rodriguez

1. MOVIES: What was the last movie that Nancy Davis Reagan appeared in?
2. GEOGRAPHY: What desert exists in parts of California, Arizona and Mexico?
3. PROVERBS: Where should you "never look a gift horse"?
4. U.S. STATES: Which state is an anagram of the word "anime"?
5. LITERATURE: What was author Thomas Mann's native country?
6. ANATOMY: How much of blood's volume is made up of plasma?
7. RELIGION: Which religion's places of worship are called "Kingdom Halls"?
8. MEASUREMENTS: What is the base unit of mass in the metric system?
9. PSYCHOLOGY: What fear is represented in the condition called "neophobia"?
10. U.S. PRESIDENTS: Which president began appearing on the half dollar coin in 1964?

Answers

1. "Crash Landing" (1958)
2. Sonoran desert
3. "In the mouth"
4. Maine
5. Germany
6. 55 percent
7. Jehovah's Witnesses
8. The gram
9. The fear of anything new
10. John F. Kennedy

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Salome's Stars

ARIES (March 21 to April 19) Lots of mixed signals can create an unreliable situation in which to make decisions. Best advice: Hold off on making any commitments until you're sure you know what's going on.

TAURUS (April 20 to May 20) An apparently friendly offer comes with some strings attached. Be careful not to get tied into something you don't really want. Thoroughly examine all your options before making a choice.

GEMINI (May 21 to June 20) If you're not careful, distractions can interrupt your best efforts. Continue to focus on what you need to do. You'll soon have lots of time to enjoy the rewards of your dedication.

CANCER (June 21 to July 22) Knowledge replaces suspicion as you begin to learn more about that "act of betrayal." On a lighter note, someone close to you might be planning a pleasant surprise.

LEO (July 23 to August 22) Control your sometimes-overactive jealousy gene before you find yourself saying or doing something that you could later regret. Best advice: Stop obsessing and move on.

VIRGO (August 23 to September 22) It's a good time to loosen up and do something wonderful and exciting before your more reserved nature resurfaces. A message brings news of imminent change.

LIBRA (September 23 to October 22) Cheer up. Things begin to improve significantly by mid-February. However, you might still need help to get through the rest of this sometimes-difficult period.

SCORPIO (October 23 to November 21) Something you learned last week takes on new meaning as you begin to relate it to another situation in your life. It's best to keep this matter to yourself for now.

SAGITTARIUS (November 22 to December 21) Your energy level is climbing, and so is your self-confidence. Good for you, because you'll need a good dollop of both to tackle an exciting challenge on the way.

CAPRICORN (December 22 to January 19) A family issue might interrupt a career-linked project. Try to give the matter the attention it needs, but be careful not to jeopardize your workplace situation.

AQUARIUS (January 20 to February 18) Some self-doubt shows up this week, causing you to question your ability to handle a new challenge. But you know you can do it, and this is your chance to prove it.

PISCES (February 19 to March 20) A personal matter requires you to be as clear and forthcoming as possible in order to avoid misunderstandings. A career move is eased with the emergence of new facts.

BORN THIS WEEK: You have a way of reaching people that makes them feel good about themselves. You would be an excellent motivational speaker.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **Z** equals **R**

NVRC E FRZQBC NBJMX ZJMR BTRZ E QHOCHDHGECP FEZP BD ECGHRCP DZECGR, XHX VR VETR E MBP BD OEJM?

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MAGIC MAZE ● HEARD FROM THE CROWD

E D A X U R O L J G D A X V S
P N K I F C A X V S Q O L J H
E C A X V T R P N L J H F G D
B E Y X V T R P O M K I G N E
D B S Z X W E U T R Q E T I O
N L J U I M L L E Y R L N O G
F Z D L A U G H T E R K U O C
A Y Z E P L X W E S V C A B H
T S R A O R P H R P I E T I O
N C L L R K C P T U O H S U J
S C I G N O I T A V O S W F O

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Applause	Hiss	Razz	Taunt
Cheer	Laughter	Roar	Whistle
Clap	Outcry	Scream	Yell
Heckle	Ovation	Shout	

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Wishing Well®

2	5	7	6	3	4	5	2	7	2	3	8	5
C	B	A	N	N	A	E	O	N	N	E	L	K
8	3	2	6	2	4	6	2	7	2	6	2	7
O	W	F	O	I	L	M	D	E	E	E	N	W
8	2	3	2	3	5	2	4	6	3	2	5	6
V	C	L	E	O	I	S	O	N	V	O	N	T
3	7	2	4	3	5	2	7	3	4	3	4	6
E	D	A	V	I	D	R	A	N	E	T	A	A
4	5	6	8	2	6	3	7	6	3	8	5	7
F	T	L	E	S	B	E	W	L	R	E	O	N
4	6	8	5	3	6	3	4	3	4	5	6	4
F	O	X	Y	E	C	S	A	T	I	O	K	R
5	8	5	8	5	8	5	6	8	5	8	5	8
U	T	R	E	S	N	E	S	D	L	E	F	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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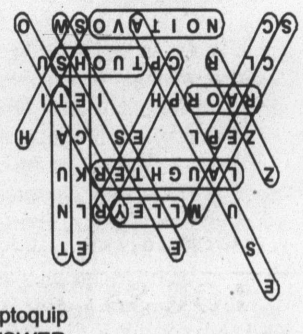
— King Crossword —
Answers
Solution time: 25 mins.

Magic Maze
ANSWERS:



Cyptoquip
ANSWER:

When a person would rule over a significant part of ancient France, did he have a lot of Gaul?

CLASSIFIEDS

LEGAL NOTICE

NOTICE OF PETITION FOR CHANGE OF NAME
Docket No: NO16C0373CA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
In the matter of:
Hilary A Bart
Of: Quincy,MA

To all persons interested in petition described:

A petition has been presented by Hilary A Bart requesting that: Hilary A Bart be allowed to change his/her/their name as follows: Hilary Anne Sayers.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT: **Canton** ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00 AM) ON: **02/15/2017**

WITNESS, Hon. John D Casey, First Justice of this Court.

Date: January 11, 2017
PATRICK W. MCDERMOTT
Register of Probate

1/26/17

CASH FOR HOUSES

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APT FOR RENT: Hospital Hill, 2 BD, 1 Bath, Newly Renovated, Central AC $1850 (per month)
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617-590-9168 1/26

FOR SALE

FOR SALE: 4 STEEL BAR HEIGHT CHAIRS
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FOR SALE
9 MITSUBISHI GALANT
72,000 MILES
CONDITION IN/OUT - LOTS NEW
TOOTH RIDE $6,500.00/BO
617-816-7654 1/26

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-8

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Michael & Andrea Keane for a Variance to construct an addition in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 10 OVAL ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-9

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of David Rota for a Variance to construct a single family home on the newly created lot in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 52 ALBERTINA STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-10

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of James & Karen Walker for a Variance to construct an addition in the rear setback in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 383 MANET AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-11

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Diana Woodbury for an Appeal of the Building Inspectors decision to issue a Finding pursuant to Title 17 as amended Chapter 3.4.5 (nonconforming structures) on the premises numbered 109 BELLEVUE ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

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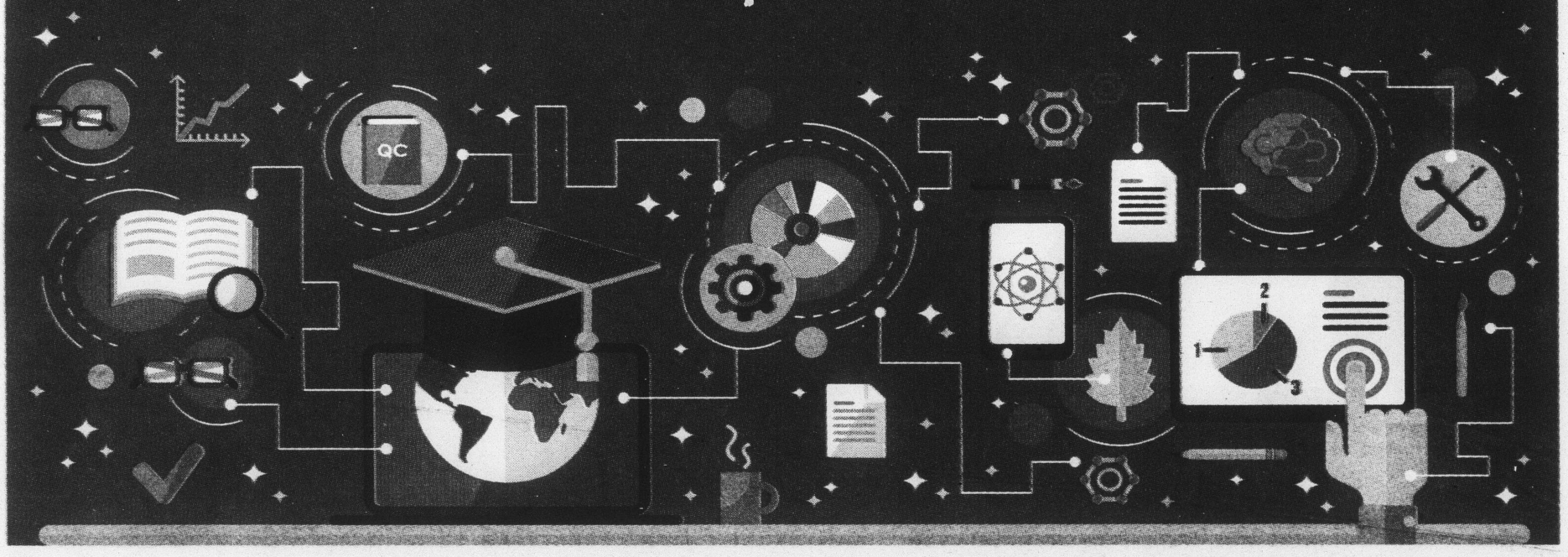

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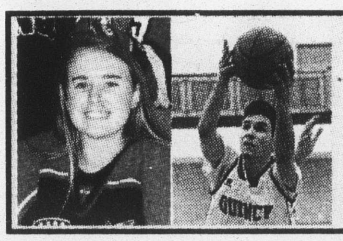

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NQ Teacher Returns From Antarctica - *Page 32*

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VOL. 49 No. 20 | Thursday, February 2, 2017 | 75¢

Koch Targets Affordable Housing, Parks, Traffic, Parking In City Address

MAYOR THOMAS KOCH – flanked by the American Flag (left) and City of Quincy flag (right) – delivers his "State of the City" address Monday night in the Great Hall of the James R. McIntyre Government Center (Old City Hall.) Koch pledged to introduce a comprehensive park-improvement plan, identify neighborhoods where workforce housing projects are appropriate, and launch a study to tackle Quincy's traffic and parking concerns during his address. Some 300 people – including state, county and city elected officials as well as business leaders and residents – attended the event. *Quincy Sun Photo/Robert Bosworth*

By SCOTT JACKSON

Mayor Thomas Koch on Tuesday pledged to introduce a comprehensive park-improvement plan, identify neighborhoods where workforce housing projects are appropriate, and launch a study to tackle Quincy's traffic and parking concerns during his State of the City address.

Koch delivered his State of the City Tuesday evening inside the Great Hall of the James R. McIntyre Government Center. The mayor previously said his remarks would focus on the nuts and bolts of governance – and it largely does, highlighting decreasing crime statistics over the past decade, the number of library visits and school building projects, among other items – but also includes several new goals.

The mayor said he plans to introduce to the City Council a "comprehensive park-improvement plan that will not cost our taxpayers a dime," this year. Koch plans to fund the initiative using hotel tax receipts.

"The city's economic growth has created substantial available revenue in our hotel room tax fund – a surcharge paid by visitors to the city," Koch said in an advance copy of the speech.

"The new revenues will free up enough financing for the completion of the next phase of the Hancock-Adams Green, the first steps in a transformational improvement at Merrymount Park,

Cont'd On Page 14

School Supt. Gets 3-Year Contract

By TOM GORMAN

Quincy School Supt. Dr. Richard DeCristofaro will be leading the city's public school system for at least another three years.

The school committee on Jan. 25 voted 5 to 2 to approve a new, three-year contract following a brief closed-door meeting to discuss the agreement. James DeAmicis and Anne Mahoney cast dissenting votes without offering comment.

The new contract is retroactive to Nov. 1, 2016 and runs through Oct. 31, 2019. It calls for a 2 percent raise each year.

"I want to say how enthusiastically I support this," Mayor Thomas Koch said. "We have a superintendent here in the city that I'm so proud of that works so hard, is passionate about the system, passionate about the kids and passionate about our city. He's a tremendous leader and a tremendous manager."

Koch credited DeCristofaro with hiring "top shelf" staff that is moving the district forward in student achievement and working with the state to upgrade the school buildings.

"I think our system continues to grow in such a positive way and continues with great collaboration not only in the classrooms, but other departments," said Koch. "We have seen so much progress in so many areas."

The mayor added that Quincy is fortunate to have the tenure of DeCristofaro since many school districts are struggling to find qualified superintendents.

"We have an outstanding superintendent and I'm so thrilled he's staying here a few more years," he said.

DeCristofaro, who has been Quincy's superinten-

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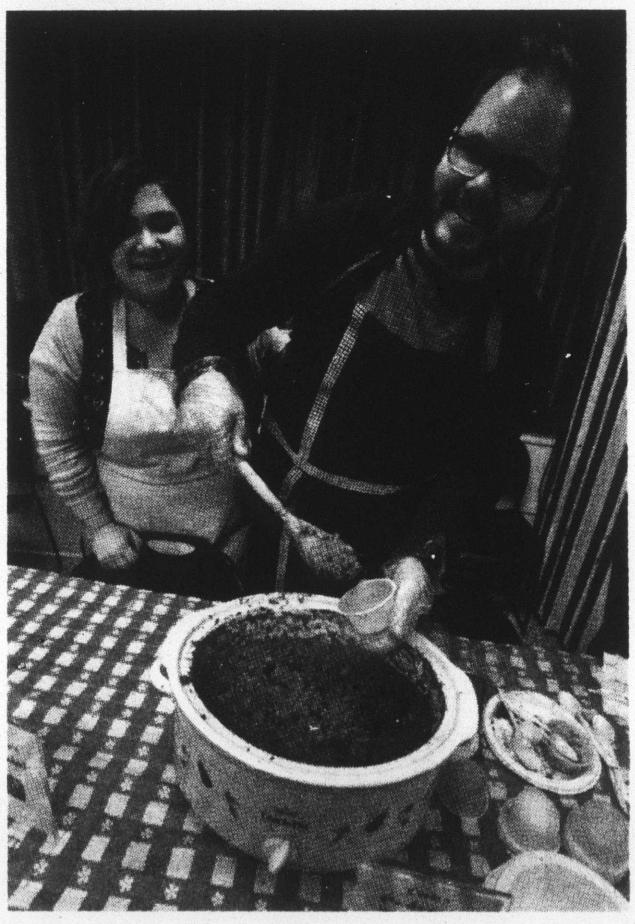

CHILI COOK-OFF – Jes Conte looks on as Tony Pederson serves up his chili at the 8th annual Houghs Neck Chili Cook-off Saturday at Houghs Neck Congregational Church. Story, other photos on Pages 16 and Page 17.

Quincy Sun photo/Tom Gorman

50 Protest Trump's Immigration Orders

By TOM GORMAN

Holding signs that read "Dump Trump," "Love" and "No Fascism," a group of about 50 people gathered in front of Quincy City Hall late Monday afternoon to protest President Donald Trump's immigration ban.

The rally - organized by the South Shore Coalition for Human Rights and the South Shore Peoples Network – was one of many held throughout the state and the nation since President Trump issued an executive order on Jan. 27 barring refugees and certain Muslims from entering the US.

The order bars all refugees from entering the country for 120 days and indefinitely bans Syrian refugees. Those from seven Muslim countries – Iran, Iraq, Somalia, Libya, Syria, Yemen and Sudan - are not being allowed to enter the US for 90 days.

"This is against everything that we've been taught this country is suppose to stand for," South Shore Peoples Network member Nick Giannone of North Weymouth said of Trump's orders. "It's just wrong."

Giannone went on to say that Trump's policies reek of fascism.

"The comparisons to fascism are becoming more and more credible," he said. "It's just getting real scary. Trump has got to go. I think his whole administration has got to go. They have declared war on a majority of the population."

Giannone said that the idea for Monday's rally

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Two Quincy Police Promotions - *Page 2*
School Water Fixture Repairs Continue - *Page 3*
Keep Eye Out On Vision Health - *Page 0*

More Quincy news:
The Quincy Sun.com

NEW POLICE LT. Daniel Guarente received his badge from his wife, Tricia, during a promotion ceremony Jan. 25. Guarente joined the Quincy Police Department in May 1993 and was elevated to sergeant in April 2007. *Quincy Sun Photos/Robert Bosworth*

NEWLY PROMOTED Police Sgt. Stephen DesRoche receives a congratulatory handshake from his father, Stephen, after being promoted during a City Hall ceremony Jan. 25. DesRoche has served with the Quincy Police Department since September 2005.

Police Dept. Welcomes New Lieutenant, Sergeant

By SCOTT JACKSON

Two Quincy police officers recently received promotions during a City Hall ceremony with dozens of fellow officers and family members on hand.

City Clerk Nicole Crispo swore in Lt. Daniel Guarente and Sgt. Stephen DesRoche on the morning of Jan. 25 in the Great Hall of the James R. McIntyre Government Center.

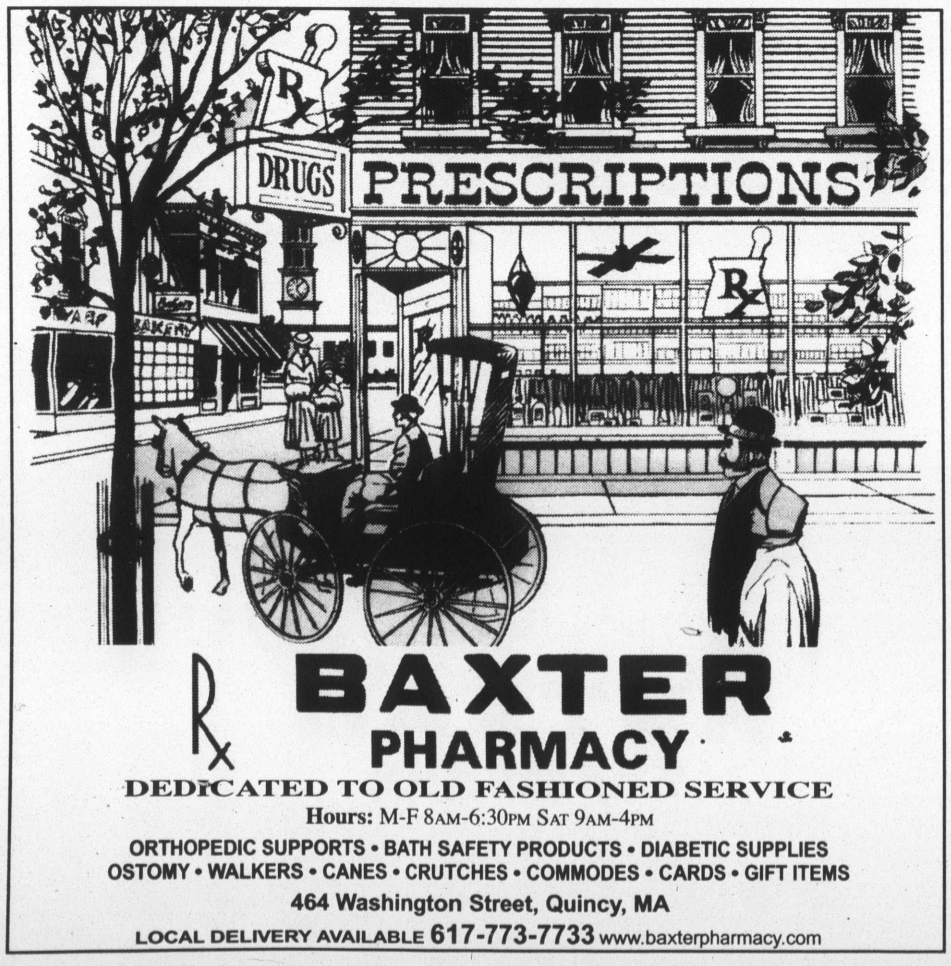
Guarente joined the Quincy Police Department in May 1993 and had been promoted to sergeant in April 2007. His wife, Tricia, pinned him with his lieutenant's badge during the Jan. 25 ceremony.

DesRoche has been with the Quincy Police Department since September 2005. His father, Stephen, was there to pin him during the ceremony.

Police Chief Paul Keenan said both officers would be assigned to the patrol divi-

Cont'd On Page 10

FELLOW MEMBERS of the Quincy Police Department were there to offer their congratulations to two newly promoted colleagues: Lt. Daniel Guarente (front row, second from left) and Sgt. Stephen DesRoche (front row, fourth from left). Police Chief Paul Keenan (front row, third from left) said, "This is one of the better days as the chief of police, when you can come up and can watch the swearing in of some of your officers moving forward in their careers and today we've got two outstanding officers." The ceremony was held in the Great Hall at the James R. McIntyre Government Center (Old City Hall).



Red Cross To Install Free Smoke Alarms, Teach Fire Safety

American Red Cross, along with the Quincy Fire Department, will install free smoke alarms and carbon monoxide detectors in Quincy on Saturdays this February.

Call 800-746-3511 to request a home visit.

Seven times a day someone dies in a home fire in the United States. In fact, every 40 minutes an injury from a fire is reported, and nearly 1,000 times every day fire departments respond to a home fire.

In October 2014 the American Red Cross launched a 5-year nationwide campaign to reduce the number of fatalities and injuries from home fires by 25 percent over five years. The Red Cross Home Fire Campaign is delivered in every city and town around the country. The program includes the installation of free photoelectric smoke alarms and CO detectors, and includes a review of home fire prevention and individualized home escape planning to emphasize the importance of fire prevention and event preparedness.

The Quincy Home Fire Campaign event will take place on Saturdays, Feb. 4, 11, 18, and 25. Smoke alarm and CO installations will be done by the Quincy Fire Department along with Red Cross Home Fire volunteer teams.

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School Water Fixture Repairs, Upgrades Continue

By TOM GORMAN

Officials are planning to complete upgrades or repairs of water fixtures in the city's public schools with elevated levels of lead or copper by the beginning of the next school year in September.

Referring to a report from the Jan. 18 meeting of the facilities and security subcommittee which she chairs, school committee member Kathryn Hubley informed her colleagues on Jan. 25 that the public buildings department has set a goal to have all repairs completed by Sept. 1. She noted that classroom water fountains and sinks are the priority, followed by fixtures in nurses' offices and food preparation areas.

The action comes as a result of water samples from 126 sinks and fountains were found to have elevated levels of lead and copper following testing last fall in all the city's public school buildings.

According to Hubley, Commissioner of Public Buildings Paul Hines told her subcommittee that 126 fixtures were found to have lead levels above the state standard of 15 parts per billion (ppb) following the testing of all fixtures in the city's public schools last fall.

"Most were only slightly elevated," she said.

Two samples were taken from each fixture - a total of 1,200. The samples were sent out for testing.

The fixtures identified with elevated levels were addressed the same day results were received. Affected water fountains were shut off and sinks were labeled for hand washing only.

Hubley said the water systems at both Bernazzani and Lincoln-Hancock schools have been drained and new valves installed. All sinks and some water fountains at Bernazzani have been retrofitted while sinks and fountains at Lincoln-Hancock are now in the remediation process.

Hubley said that Hines informed her subcommittee that in anticipation of the state Environmental Protection Agency (EPA) will be lowering the acceptable levels to 10 ppb, the city decided to remediate those fixtures that had water samples testing between 5 ppb and 15 ppb.

A few weeks ago, the city council appropriated $275,000 to remediate water issues at all the city's 20 public school buildings. According to Hubley, Hines estimated the cost would be $250,000 based on an analysis of individual component costs.

Hubley said that Hines told her subcommittee that preschool and elementary-aged children are at the highest risk of developing health issues from ingesting water with high levels of lead. Hines noted that bottled water can be sold as purified water containing 15 ppb of lead.

The subcommittee was also informed that the Montclair School nurse's bathroom will be renovated at a cost of $25,000 and plans are being drawn to upgrade the Montclair School nurse's restroom.

Also during the subcommittee meeting, Hubley said that School Supt. Dr. Richard DeCristofaro said the Marshall Elementary School will need an additional grade 4 class in the fall to accommodate additional students at that level. DeCristofaro also reviewed each school's potential for an influx of students and possible the need of additional programs.

The superintendent also noted the GOALS (Gain Opportunities Acquire Learning Skills) program will have to be relocated from the North Quincy High School campus for the next school year. The therapeutic program is for students in grades 8 through 12 with emotional disorders that helps them return to their home school.

THE QUINCY POLICE Department's Crime Prevention Unit and the Community Police Unit teamed up to talk about crime issues at senior housing. Here Officer Bill Mitchell talks to residents as Lt. Robert Bina prepares his presentation.

Photo Courtesy Quincy Police Department

Medical Equipment At Kennedy Center

The Quincy Council on Aging offers loans of used medical equipment including shower chairs/benches, wheelchairs, walkers and canes.

If you would like to donate any of these items and they are in good condition (wheelchairs must have footrests), you may drop them off at the Kennedy Center, Monday - Friday from 9 a.m. to 4 p.m.

Due to sanitary reasons, no commodes are accepted.

For more information call the Kennedy Center at (617) 376-1506.

DiBona Office Hour Tuesday

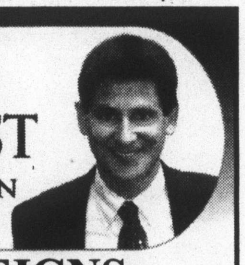
Quincy City Councillor at-Large Noel DiBona will host an office hour Tuesday, Feb. 7th from 9 a.m to 10 a.m. at the James R. McIntyre Government Center (old City Hall), 1305 Hancock St., in the first floor conference room.

Residents are welcome to come by with any questions or concerns.

If you cannot attend and have questions, contact Councillor DiBona at ndibona@quincyma.gov or call 617-376-1357.

Ask the GEMOLOGIST

BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST



PURPLE REIGNS

Amethyst, the birthstone for February, was once valued as highly as emerald and ruby. For example, the Queen of Sweden's tiara, which originally belonged to France's Empress Josephine, displays enormous oval amethysts surrounded by diamonds. Queen Elizabeth II also has a beautiful and historic set of amethysts in her jewel collection, the Kent Demi-Parure, which was owned by Queen Victoria's mother, the Duchess of Kent, who left it to her daughter. More recently, however, with the discovery of large deposits of amethyst in Brazil in the 19th Century, amethyst became more widely available and affordable. Today, amethyst remains the most valuable variety of Quartz and still exudes the rich, noble color prized by royalty.

Amethyst is available in just about every shape, cut and size and looks best slightly after sunrise or just before sunset when the light is soft and warm. For the latest trends in jewelry, please visit our store at 1402 Hancock St. in Quincy Center (617-773-3636). We can help you find a watch, necklace, bracelet, ring, or pair of earrings that will show your special someone how much you care!

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Publisher and Editor

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Founder
1968 - 2009

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• On Feb. 14, 278 A.D., Valentine, a priest in Rome, is executed for defying Emperor Claudius II and performing marriages in secret. Claudius believed that Roman men were unwilling to join his army because of their attachment to their families, and banned all marriages. Today, we celebrate Feb. 14 as Valentine's Day.

• On Feb. 13, 1633, Italian philosopher, astronomer and mathematician Galileo Galilei arrives in Rome to face charges of heresy for advocating that the Earth revolves around the Sun. Galileo remained under house arrest until his death in 1642.

• On Feb. 19, 1777, the Continental Congress votes to promote five men to major general, but overlooks Benedict Arnold, who felt slighted and threatened to resign. In 1780, Arnold became the most famous traitor in American history when he offered to hand over West Point to the British.

• On Feb. 16, 1894, gunslinger John Wesley Hardin is pardoned after spending 15 years in a Texas prison for murder. Hardin was reputed to have shot and killed a man just for snoring and had probably killed at least 40 people.

• On Feb. 17, 1904, Giacomo Puccini's opera "Madame Butterfly" premieres in Milan, Italy. The audience responded with hissing and yelling. Four months later, a reworked "Madame Butterfly" opened to applause, repeated encores and 10 curtain calls.

• On Feb. 15, 1965, a new Canadian national flag is raised in the capital of Ottawa. In 1964, the Canadian Parliament had voted to adopt a new design, a white background with a stylized 11-point red maple leaf in its center.

• On Feb. 18, 2001, NASCAR driver Dale Earnhardt Sr. dies at age of 49 in a last-lap crash at the Daytona 500. While vying for third place in his famous black No. 3 Chevrolet, Earnhardt collided with another car, then crashed into a wall. *(c) 2017 King Features Synd., Inc.*

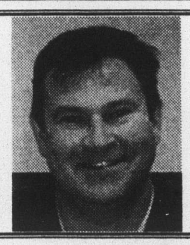
Knights Of Columbus Meat Raffle Friday

The North Quincy Knights of Columbus will hold a meat raffle Friday, Feb. 3 at the council hall located at 5 Hollis Ave. in North Quincy.

This month's meat raffle is being sponsored by Mayor Tom Koch in conjunction with the Culinary Arts Program at Quincy High School who will be providing the food.

The food is served at 6:30 p.m. and the raffle starts at 7 p.m.

The raffle is part of the Knights of Columbus annual scholarship drive. All are welcomed.



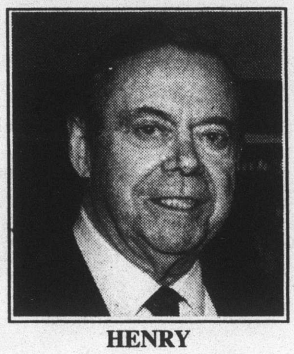
Son Beams

By ROBERT BOSWORTH

Happy Thoughts Of Henry

Can't help but feel a little melancholy this time of year.

Next Tuesday – Feb. 7 – is the eighth anniversary of my dad's passing.


HENRY

Eight years? How can it be?

While in some ways it seems like more time has passed, when the calendar shifts from January to February, it feels like yesterday. As that anniversary approaches, I find myself thinking more and more about my dad. A vast and vivid catalogue of emotions and memories that flood my mind and send me spiraling back to days when he was here.

There's sadness, of course. But there's also some laughing and smiling over some of the happier times, too.

Especially here at The Quincy Sun office where Henry managed an editorial and production crew for 40 years. I was fortunate enough to work for my father for more than 20 years. I interned here during my college breaks and started full-time in May of 1987 after graduating UNH that spring.

Looking back at those years reaffirms how much this newspaper meant to my dad.

I have never seen anyone work as hard and sacrifice so much as Henry did. He seldom took time off and you can count the number of vacations on one hand.

A labor of love – that's the perfect term to describe the daily grind of putting out a weekly newspaper.

"Let's get this paper out," he used to say rallying the troops on Tuesday – press day. Deadlines often brought late nights and we stayed until the paper was finished. He founded the paper with the main thought that Quincy deserved its own newspaper. And he carried that torch until he passed away Feb. 7, 2009 at the age of 84 – working a full day before his death.

I wish I had taken notes of those early days here with him. Some of that time, admittedly, is a blur.

But certain moments I remember and they bring a smile to my face.

Like the day many moons ago when the office staff surprised my father with a belly dancer on one of his birthdays. The staff clapped along while she danced bringing a big smile and some hearty laughs from Henry.

My father didn't particularly like his birthday. He – like many others – got to the point where he didn't want to count the years anymore.

"How old I am," he'd chime back if you asked him his age. "Why, I'm 39," he'd answer, borrowing a line from the late great comedian Jack Benny.

But on his birthday, Henry did embrace those celebrations at the family house where his children and grandchildren would stop by with gifts and then have cake. Having everyone around was important to him.

There are still photos on the walls here reflecting Henry and Quincy Sun history. One hanging in his old office is a framed glossy of Henry with the late Father William McCarthy and others with future President Ronald Reagan who was a keynote speaker at a South Shore Chamber of Commerce breakfast in 1979.

There are other black and whites of Henry with Sargeant Shriver during his 1976 run for president. Somewhere there is also a photo of future first lady Rosalynn Carter who stopped by the office while her husband Jimmy was also running for president 41 years ago.

And there are others including former Alabama Gov. George Wallace and longtime Sen. Ted Kennedy who seemed to stop by the office every few years.

Henry was a great listener and communicator. But it didn't matter if you were an elected official running for the country's highest office or one of our many news carriers paying his or her bill at the front counter. He always enjoyed the conversation and took an interest in you.

My dad liked to bring me around to some of the social events that occurred in Quincy. The Beechwood by the Bay "Hungry Ones" auction and dinner as well as other fundraisers and community gatherings were important dates not to miss.

One night that I remember fondly was a tribute for Quincy's Sam Mele at the Neighborhood Club. This is going back probably late 1980s. A lot of Sam's teammates from the Red Sox and other baseball friends attended including Johnny Pesky, Bobby Doerr and Ted Williams. Seeing my dad talk to Bobby Doerr – one of his favorite ballplayers – was something special. They conversed like old classmates catching up after years apart.

I also had the chance to meet Ted Williams and get his autograph. I was a little shy about approaching the Splendid Splinter with a ball and pen but did it anyway. If he says no at least I tried.

I told him I was a big fan and asked if he would be willing to give me an autograph. Ted looked at the ball, looked at me and then said, "Here, hold this." It was his glass of scotch.

Ted smiled as he naturally found the sweet spot on the ball and put his signature right on it. A moment frozen in time for me. And really it happened because my dad was good friends with Sam and we were among a chosen few who socialized with all the former players in the basement of the neighborhood club before heading upstairs for the formal function.

Then there was the time that Bruins legend Bobby Orr was the guest of honor at a fundraiser at the Quincy Sons of Italy Hall. Like so many kids growing up in the 1970s, Orr was my sports idol. I was too young to remember the Stanley Cup win in 1970 but do recall the 1972 victory for one simple reason.

I was only 7 and too young to watch the games at night. But every morning when I got up for school there was a note left on the kitchen table. It was from Henry who was already on his way to work.

Written like a sportswriter, he gave me an update on the game – who won and the score. "Wayne Cashman scored two goals, Bobby Orr scored one goal and the Bruins defeated the Rangers 3-0 to win the Stanley Cup," he scrawled in blue ink on blank newsprint.

That's how I learned the Bruins were Stanley Cup champs again.

Years later, when Orr was at the fundraiser in Quincy, there was a raffle for an autographed stick. I was the lucky winner. I got to meet Bobby and shook his hand with a great grin. I still have the photo of that encounter – another cherished memory.

Time has a way of marching on . . . but standing still, too. The Sun office remains much the same from Henry's years. There are still many plaques on the wall – most of them recognizing and honoring my dad for his years of service to countless community causes.

But the sands of time slowly fall and minutes and hours become days then weeks and years.

Some time, you need to turn back the clock.

The other day I read through some of the cards and letters that folks sent after my father passed away. Some of those friends, sadly, are no longer with us today.

One note was from former Ward 6 councillor Brian McNamee who passed away a little more than a year ago. Brian and Henry had some great conversations at our front counter and we all enjoyed his visits here.

In that note, handwritten on stationery featuring the drawings of Presidents John Adams and John Quincy Adams, Brian wrote:

"Dear Bob:

"No words can adequately describe the void that is created by the loss of your father. If I had to sum it up I would say he was a fair and honest patriot. May the Heralds greet him on the other shore."

I still get choked up reading that one.

Many others also sent expressions of sympathy. Each one will always bring comfort especially this time of year.

Feb. 7 for the last seven years has been a day of sorrow for those who loved Henry.

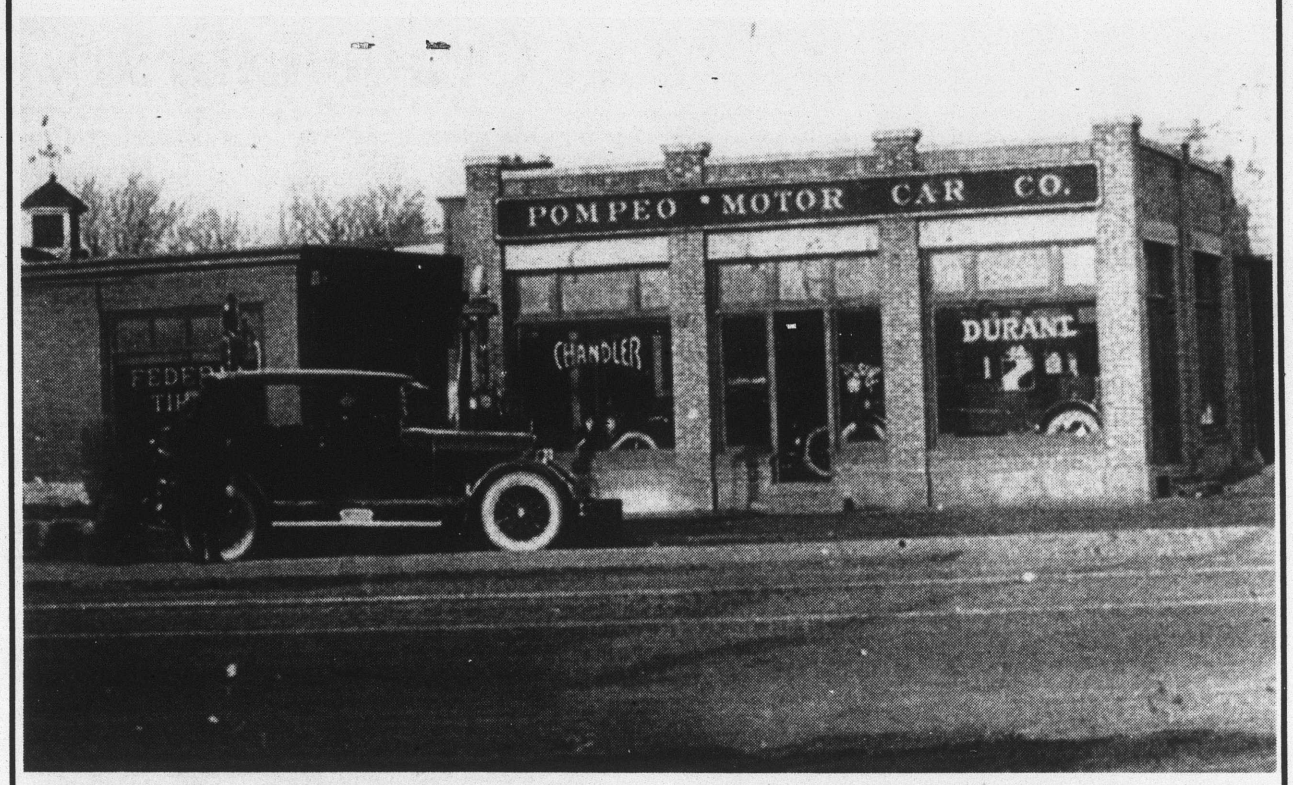
But this year, I am going remember those good days when he was with us.

Celebrate his life and legacy not only as a boss but more so a father.

And even play a little Glenn Miller – his favorite – on the stereo, too.

Henry and happy times. Memories to cherish forever.

Scenes From Yesterday



THIS IS A 1925 real photo postcard of the Pompeo Motor Car Company that was at 494 Washington St. in Quincy Point. This view is from the end of Beacon Street. The Chandler and Durant Automobile brands shown on the showroom windows were soon after both discontinued and by 1929 Alexander Pompeo, the owner of the company, sold GM's Oakland and Pontiac brands here. Then in the 1930s, he moved his business to 666 Southern Artery and sold GM's Cadillac, LaSalle and Oldsmobile brands. Later, Pompeo also owned Norfolk Auto Sales and the road construction company, Eastern Contracting on Hancock Street in North Quincy. These Washington Street buildings including a large garage in the rear had various other owners over the years, but they have been demolished and the site is now home to the 80-unit Quincy Towers Condominium building at 500 Washington St. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Quincy's Yesterdays

This Week
1978
39 Years Ago

The Big Blizzard Digout Of '78

An army of weary workers struggled into the weekend to dig Quincy out from what may be the worst snowfall of the 20th century; one that brought the city to a standstill for at least four days.

The northeast storm backed by winds that gusted to more than 90 miles an hour dumped at least 26 inches of snow, the heaviest since the Boston weather bureau began keeping records in 1870.

The headline of Page One of *The Quincy Sun* that week appealed: Please, No More!!!

High tides, urged on by the winds, rose at least five feet higher than usual, flooding sections of Houghs Neck and Squantum where several hundred people were evacuated.

"This was something that happens once in a hundred years," said Quincy Police Captain Roy Cavicchi. "I've been on the force 25 years and I have never seen anything like it."

Quincy City Hospital received needed blood supplies as well as drugs and other necessary items by helicopter.

SNOWMOBILERS UNSUNG HEROES

Snowmobilers were out doing their thing rescuing people during this week's big storm. Norman Forde of Wollaston was with one of the two-man teams, which rescued a driver who had been shivering in his car for almost six hours.

In addition to rescuing frostbitten drivers, the snowmobilers continued to patrol the highway to prevent vandalism of abandoned cars.

QUINCY-ISMS

Dependable Cleaners with three locations in Quincy, was advertising in the *Sun*, "Any Slacks, Pants, Sweaters, Only $1.19 Each With This Coupon"... The Mayor's Commission on the Status of Women was sponsoring an orientation for elected officials, Feb. 12 at the home of **School Committeewoman Mary. P. Collins**, 116 Landsdowne St., Squantum. Mrs. Collins is a member of the Commission... **Helen Boyajian**, librarian at the Houghs Neck Branch of the Thomas Crane Public Library, presented pins to volunteer students who help at the Houghs Neck Branch. **Michelle Beven**, daughter of Mr. and Mrs. Allen Beven, 43 Macy St., has completed 358 hours while **Cheryl Chapman**, daughter of Mr. and Mrs. Walter Chapman, 20 Shennen St., received her 100-hour pin... **Police Lt. John A. Morton** presented a Certificate of Appreciation to the George F. Bryan VFW Post in recognition of their donation of an oxygen resuscitator to the Quincy Police. The award was received by **Post Commander Gordon C. Bergstrom** and **Post Quarter Master James P. Lynch**... Quincy Typewriter Service, 5 Maple St., Quincy Center was advertising "Olivetti Adding Machines $69.95"... The Junior High School luncheon menu for Monday, Feb. 13 included: Hamburger on a Fresh Baked Bun, French fries, fruit, Jell-O with topping and a beverage... Roy's Flowers, 94 Washington St., was urging the purchase of a "Love Bundle Bouquet For $15"... A Blood Program, sponsored by Quincy-area banks, was scheduled for Tuesday, Feb. 28, according to **Robert J. Quinn of** South Shore Bank, coordinator of the program... Dinner Chairman **Joseph Gildea** announced that the Montclair Men's Club will hold their annual award dinner, honoring NBC sportscaster **Curt Gowdy** on Saturday, March 4... **Rod Peterson** of Quincy, a graduate of Eastern Nazarene College, was exhibiting his paintings at the North Quincy branch of the Thomas Crane Public Library... **Rep. James A. Sheets (D-Quincy)** has urged the Army Corps of Engineers to speed up its proposed flood projects on Town Brook and Furnace Brook, in view of recent flooding in the areas... **Rep. Thomas F. Brownell (D-Quincy)** has called for an investigation of service on the MBTA, particularly the Red Line servicing Quincy... Thayer Academy announced that entrance examinations for admissions to the Middle School (grades 6-8) will be given Saturday, Feb. 11... St. John the Baptist Parish, 44 School St., was planning an Evening of Recollection for the Quincy Vicarate Feb. 16. **Bishop John D'Arcy**, Auxiliary Bishop of Boston, was the featured speaker... **Fr. Joseph Morton** of Mission Church, Roxbury, will be the speaker at the Annual Memorial Mass of the Morrisette Legion Post to be held at St. Mary's Church, West Quincy.

Readers Forum

Commends Martin Luther King, Jr. Breakfast

I want to thank Kathy Quigley, the executive director of the Germantown Neighborhood Center, for the invitation to celebrate breakfast in honor of Dr. Martin Luther King, Jr.

Many years ago when I was a state representative from Quincy, I had the pleasure of meeting Dr. Martin Luther King, Jr. in the Massachusetts House of Representatives and listening to him speak.

I adopted and believe in his message of non-violence and it has stood me in good stead for many years.

I also want to thank District Attorney Michael Morrissey for his excellent job he did as the master of ceremonies.

Attorney George Burke
Quincy

Sanctuary Cities, Trump And Moving On

As I read *The Quincy Sun* piece on Quincy activists seeking to turn Quincy into a sanctuary city (Jan. 12), I had to laugh at the very idea of reacting in such a way because Donald Trump is our 45th president.

Ironically, I wondered if this coalition of activists still unhappy with the election results understands we live in a democratic republic where we are ruled by laws and a constitution. The term undocumented is just a nicer word than the term illegal.

Our elected officials are sworn into office to uphold both the law and constitution. Sanctuary cities violate the law. Our second President John Adams authored the Massachusetts Constitution and our state constitution was the model used to write the U.S. Constitution.

In America we have a democratic republic. The people spoke, we have a new president. I am willing to give him a chance but there are many people out there who refuse to accept the election results and are saying Trump is not my president. He is. Get use to it. We are a free country. Use your freedom of speech to criticize his actions if you wish. However, now is the time to move from the turbulence of 2016 into being a government of, for and by the people. Stop crying or acting out with such ideas as sanctuary cities.

Remember sanctuary cities come with a press that the Trump Administration has openly stated it will enforce. Cities that enact sanctuary city status most likely will be barred from receiving any and all federal funding which supplements municipal budgets. Are they willing to put their this finding in jeopardy?

It is time for all Americans to move forward and find needed common ground rather then crying over spilled milk. That goes for Quincy Anti-Trumpsters too.

Sal Giarratani
East Boston

4 On UMass Dartmouth Dean's List

Four students from Quincy are on the Dean's List for the fall semester at the University of Massachusetts Dartmouth.

They are:

Stanley Leung, Angela Ng, Janae Riggins and Bingmei Xu.

3 On UMass Dartmouth Chancellor's List

Three students from Quincy have been named to the Chancellor's List at the University of Massachusetts Dartmouth for the fall semester.

They are: Karen Chen, Joyce Zhang and Jessie Zhu.

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Arts & Entertainment

February Children's Events, Activities At Crane Library

By JULIE RINES
Thomas Crane Public Library

The Thomas Crane Public Library announces the following events and activities for children during the month of February.

Winter Storytimes

Weekday storytimes for children ages 4 months through 8 years old began Friday, Jan. 27th. The library offers several programs by age. Stop by the library or check our website thomascranelibrary.org for details.

Homework Help

Students in grades 1-6 are invited to stop by the main Library children's room on Mondays and Wednesdays from 3 to 5 p.m. to get assistance with their homework from high school tutors. Students must be able to communicate with tutors in English.

Preschool Discovery @ Wollaston

Drop by the Wollaston Library with your preschooler any time between 10 and 11 a.m. on Thursday, Feb. 2nd to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child. This program does not require registration

Learn about the human body this month. Hear a heartbeat, trace yourself, put together a skeleton puzzle, get a good look at your fingerprints and measure your feet!

Music and Movement With Rubi

On Saturday, Feb. 4th at 10 and 10:30 a.m. sing and dance with Rubi Lichauco! Rubi brings her popular preschool program to Quincy so put on your favorite dancing shoes and join us for this lively mix of music and movement for children ages 0-4 accompanied by an adult.

This program has become so popular there isn't room to move and dance as we would like so we have decided to split the group in two. No registration is required; when the 10 a.m. session fills we will close the doors. Please spend some time in the children's room choosing books or playing with our early literacy activities while you wait for the 10:30 session. Thank you for your cooperation we really think two smaller groups will make this program more fun for everyone.

Science Saturday – Rainforest Reptiles

Join us on Saturday, Feb. 11th at 10 a.m. for Alligators and Crocodiles with Rainforest Reptiles. Do you know how to tell the difference between an alligator and a crocodile? Come to this program and learn all about these fascinating animals.

This program is suggested for families with children ages 5 and older. No registration is required.

Book Clubs

Do you like to read? Would you like to talk to others about books? Then you will like our book discussion groups. Join us each month to discuss all kinds of books.

The **Night Owls Book Club** for children in grades 3 and 4 meets on the second Thursday of each month. This month the club will meet on Feb. 9th at 7 p.m.

This month we will be discussing El Deafo by Cece Bell. Going to school and making new friends can be tough. But going to school and making new friends while wearing a bulky hearing aid strapped to your chest? That requires superpowers!

Pick up your copy of the book in the Children's Room to read before the meeting. Any questions, call 617-376-2411 and ask to speak with Ms. Cronin.

The **Phoenix Book Club** for children in grades 5-8 meets on the second Tuesday of each month to discuss a variety of books. This month we will be meeting on Tuesday, Feb. 14th at 7 p.m.

This month our theme is Award Winners. Each year the American Library Association gives out many different awards to authors and illustrators. The most well-known children's literature awards are the Newbery and Caldecott medals, but those aren't the only ones.

This month we'll be reading books that have won the Newbery, Caldecott, Coretta Scott King, Batchelder, Sibert, Schneider, and Belpré awards in the past several years. Pick an award winner and decide for yourself if you think it deserved to win.

Stop by the Children's Room to select a book.

The Harry Potter Book Club at Wollaston is for all ages, children, teens and adult. Are you a Harry Potter fan? Have you read the books several times or are you just discovering Harry for the first time? Harry fans of all ages are invited to join us from January to July at 7 p.m. on the third Wednesday evening of each month at the Wollaston Branch Library as we discuss each Harry Potter book in turn. We will be discussing Harry Potter and the Chamber of Secrets on Feb. 15th at 7 p.m. Stop by the main library to pick up a copy of the book to read before we meet.

Saturday Storytime with Big Ryan

Join us on Saturday, Feb. 18th at 10 a.m. in the large meeting room at the main library for Big Ryan's Tall Tales. Ryan is a family favorite with his program of original stories, silly hand puppets, a bit of music and movement and a whole lot of fun.

This program is recommended for children ages 2-5 accompanied by an adult.

Dungeons and Dragons Encounters

New and experienced players ages 10 and older are invited to join us on Tuesday, Feb. 21st at 7 p.m. in the Main Library Children's Room for this introduction to D&D 5th edition game play. Take on the role of a fantasy hero in this monthly Dungeons and Dragons game. We will help you customize an Adventurer's League D&D character you can use both in our monthly adventures and at other D&D Organized Play.

Your group of adventurers will start out at level one and take on the module from the 5th Edition D&D Starter Set. Unravel the mysteries of the Lost Mine of Phandelver and what monsters and treasures lie within!

SCHOOL VACATION WEEK EVENTS

Movie Matinee @ Adams Shore – Harry Potter and the Chamber of Secrets

Join us on Tuesday, Feb. 21st at 10 a.m. at the Adams Shore branch for the second in our Harry potter film series.

Harry and his friends Ron and Hermione return for a second year at Hogwarts School of Witchcraft and Wizardry, where it isn't long before they discover something is amiss: Students are petrified like statues, threats are written in blood on the walls, and a deadly monster is on the loose. It seems that someone has opened the mysterious Chamber of Secrets, letting loose the monster and all its calamitous powers.

Rated PG - run time 161 minutes.

Collage Art @ Adams Shore

Stop by the Adams Shore Branch Library from 2 to 4 p.m. on Wednesday, Feb. 22nd to make a collage. Use words and pictures from old magazines and catalogs as the base for your creation and then embellish it with other odds and ends.

This is a great program for all ages. Make your project as simple or as elaborate as you would like.

Game Night @Wollaston

Join us at the Wollaston Branch Library any time from 5 to 8 p.m. on Wednesday, Feb. 22nd to play some games. We'll have old favorites like Candyland and Scrabble and some less familiar games like Quirkle and Snail's Pace Race.

Contact the Wollaston Branch at 617-376-1330 if you have any questions. A few games are suitable for preschooler's 3 and older but most are for school age children. Adults may even find some games they want to try out themselves.

Celebrate Winter with the Snow Princess

Join us on Thursday, Feb. 23rd at 10 a.m. in the large meeting room at the main library when we will be joined by Elaine Kessler as the Snow Princess. We'll sing Snowman songs and pretend to be snowmen, skate around the room and have a snowball fight with cotton balls. In one story we'll meet a snowman whose friend the bunny, ate his nose by mistake and sets off to find him a new one.

This program is for children ages 2 and older accompanied by an adult Younger children may enjoy the songs and stories but the active parts of this program may be too overwhelming for them.

Movie Matinee @North Quincy – Secret Life of Pets

Join us on Thursday, Feb. 23rd at 2 p.m. at the North Quincy branch Library for a showing of the new animated film The Secret Life of Pets. What do our pets do all day when we're not home? For the critters living in a Manhattan apartment building, the answer is: whatever they want!

A terrier named Max regularly invites his friends to hang out at his place while his owner is gone, but his quiet life is upended when said owner also takes in Duke, a stray mutt whom Max instantly dislikes. Their feud eventually causes both of them to get lost in New York City, and as they work together to find their way home, they cross paths with a vicious bunny who plans to lead a group of abandoned pets on a mission of revenge against humanity.

Rated PG - Run time 90 minutes

Grab Bag Crafts

Grab Bag Crafts is a self directed drop-in craft program for all ages. Mystery craft packs will be available in the Main Library Children's Room from 2 to 4 p.m. on Friday, Feb 24th. Stop by and spend some time crafting or take a grab bag home with you to work on later. All ages welcome most projects can be made by children as young as two with some parental help.

Saturday Storytime @ North Quincy

Join children's librarian Cathy deVeer and Quinn Z. Bear at the North Quincy Branch, on Saturday, Feb. 25th at 10 a.m. for Dr. Seuss stories and songs as we get ready to celebrate his birthday

This program is for children ages 2-5 accompanied by an adult No registration required.

All programs sponsored and supported by the Friends of the Thomas Crane Public Library.

Local Programming Highlights on ... QATV

Quincy Access Television
88 Washington Street
Quincy, MA 02169
617-376-1440

Public Access Channel 8

Thursday, February 2
7:30pm: North Quincy @ Hingham Girls BB 1/24
9:00pm: State of the City Address 2/1

Friday, February 3
8:00pm: QATV Classics: TV Workshop 2004
11:00pm: QATV Classics: TV Dinners-Firehouse

Saturday, February 4
8:30pm: Currently in Quincy-The Interviews: Ep 12
9:00pm: Quincy Band Showcase

Sunday, February 5
4:30pm: North Quincy @ Hingham Girls BB 1/24
7:00pm: At the Library Concert: Kate Kayaian

Monday, February 6
6:00am: LIVE: AM Quincy w/Joe Catalano (audio)
11:30am: LIVE: Currently in Quincy

Tuesday, February 7
2:30pm: Health Links: Rodent Control
3:00pm: Quinzee Memories: South Quincy

Wednesday, February 8
9:30pm: Sound Advice
10:00pm: The Constitution: Then & Now

Government Access Channel 11

Thursday, February 2
7:30pm: Media Advisory: QPD Ceremony
8:00pm: AM Quincy: Brad Croall, Ward 2
8:30pm: At Your Library: February

Friday, February 3
6:30pm: FYI: QHD Hepatitis C
7:00pm: State of the City Address 2/1
8:00pm: At the Library Concert: Kate Kayaian

Saturday/Sunday, February 4/5
10:00am: FYI: QHD Hepatitis C
10:30am: At Your Library: February
12:00pm: State of the City Address 2/1
1:30pm: Crime Watch: Fitness Centers
3:00pm: At Your Library Concert: Kate Kayaian
7:00pm: State of the City Address 2/1

Monday, February 6
7:30pm: LIVE: City Council

Tuesday, February 7
6:00pm: Health Links: Eye Health
12:00pm: LIVE: City Council 2/6

Wednesday, February 8
7:00pm: City Council 2/6

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Newport Playhouse Day Trip March 22

The Quincy Council on Aging will depart from the Kennedy Center Monday, March 22 at 9 a.m. for a day in Newport, R.I.

While in Newport, participants will experience beautiful Ocean Drive and then visit the Newport Playhouse for a great buffet, a wonderful play, and a fun-filled Cabaret performance.

Participants will arrive back at the Kennedy Center at approximately 6 p.m.

Cost is $89. Full payment must be made at time of registration.

For more information call the Kennedy Center at (617) 376-1506.

Valentine Luncheon

The Quincy Council on Aging will hold a Valentine luncheon at the Kennedy Center on Tuesday, Feb. 14th at 12:30 p.m.

Entertainment will be provided by the Senior Tones.

Tickets to this event are available at the Kennedy Center, 440 East Squantum St.

For more information call (617) 376-1506.

Social

Valentine Princess Tea Feb. 11 At HN Church

A Valentine Princess Tea with Moana will be held on Saturday, Feb. 11 from 10 a.m. to noon in Fellowship Hall of the Houghs Neck Congregational Church, 310 Manet Ave.

The afternoon session is sold out.

There will be crafts, music, activities, goodies and a visit by Special Princesses. You can purchase royal accessories at the Princess Boutique. Princess dress is optional.

This event is intended for princesses from pre-school through elementary school age.

Admission is $10 per child and $5 per adult. Reservations are required - it's always a sell out.

For reservations e-mail hncc@comcast.net. Be sure to indicate how many adults and how any princesses will be attending. Include your phone number. All princesses must be accompanied by and adult.

GENESIS CHAMBER SINGERS, a South Shore professional chamber choir, will present "China in Song," - its second concert series of the season with two performances: Friday, Feb. 3 at 7:30 p.m. at St. Chrysostom's Episcopal Church, 1 Linden St., Quincy, and Saturday, Feb. 4 at 7:30 p.m. at First Parish of Cohasset, 24 North Main St., Cohasset. Led by founder and artistic director Joseph Young, who is also choral director in the Hingham Public Schools, "China in Song" features a program of choral music sung entirely in Mandarin, Cantonese, and Taiwanese. The concert series builds on the success of a similar concert series from March 2016; however, while the first program featured only Chinese folk songs, this concert repertoire expands to include other choral works by Chinese composers. Like the 2016 concerts, these performances will present a world premiere choral work composed specifically for the ensemble and program. The new work, entitled "Redbirds, Late Spring" written by Jerry Hui, combines an English poem by Sara Teasdale with an ancient Chinese poem by Li Qingzhao (1084-1155). Tickets for the concerts are available online at www.genesischambersingers.com and at the door. *Photo Courtesy Genesis Chamber Singers*

AAA Traffic Safety, Poster, Video Contest For K-12 Students

For more than 95 years, AAA has educated young people about safety in and around traffic. Through the annual AAA Traffic Safety Poster & Video Contest, running until April 7, students in grades K-12 have the opportunity to demonstrate proper skills and behavior in pedestrian, bike and vehicle safety with the creation of a video or poster.

The goal of AAA's Traffic Safety Poster and Video Contest is peer to peer education. The Club hopes students will reflect on their own behavior regarding safety while using their creative ability to demonstrate safe behavior or remind the public about traffic laws.

"Proper use of booster seats, seatbelts, bike helmets and the mindfulness of proper pedestrian safety skills save lives and prevent injuries," said Diana Imondi Dias, AAA Northeast's Traffic Safety Programs manager. "We are always impressed by the quality of work and creativity of young people."

The winning posters will be showcased in a 2018 calendar and videos will be displayed on AAA.com and used in AAA's traffic safety education programs.

Traffic safety topics vary by grade level and include seatbelt and booster seat use, school bus and bike safety, and distracted and impaired driving awareness. The official contest rules and grade-level topics are available at www.AAA.com/safetymatters. The work of one grand prize winner will be chosen to receive $1,000 and three runners-up from each grade category will receive $300, $200 and $100 prizes respectively.

Entries may be submitted now through April 7 via the contest website: www.AAA.com/safetymatters

AAA members and website visitors will have the opportunity to vote for their favorite submission in each grade level from April 24 – May 8, through the same website. The winning entries will be announced and displayed on May 15th.

Stress Reduction Techniques Seminar Feb. 7

Local consulting hypnotist Kathryn McGlynn will present a free educational seminar in recognition of of American Heart Month Tuesday, Feb. 7 from 6:30 to 8 p.m. at The Tam Center for Healing, 15 Cottage Ave., fifth floor, Quincy.

McGlynn will share several simple stress reduction techniques and facilitate a brief group guided-imagery relaxation session.

Heart disease is the leading cause of death in the United States. The prestigious Mayo Clinic utilizes guided imagery to help their cardiac patients harness their healing capacity. Imagery is the biological connection between the mind and body and provides effective ways to relax the body, calm the mind, and resolve stressful situations.

"Using the power of the imagination is a vital key in directing the body's own innate healing abilities," McGlynn says. "The use of imagery is simple and easy and can be done anywhere, anytime. It's similar to daydreaming, yet more focused in its intent."

McGlynn, who is also a Motivational Coach, has a private hypnosis practice in Quincy and additionally teaches numerous adult-ed hypnosis seminars in various schools, colleges, hospitals and healing centers throughout New England.

For further information about this event and to preregister, contact McGlynn at 781-340-2146 or visit her website: http://www.hypnosis.ws.

Donations are accepted, with all proceeds going to the OCI Healing Research Foundation. OCIHRF is a non-profit organization established for education, research and the advancement of Tong Ren Healing worldwide, with the intention to develop safe and more cost effective health care.

Lunar New Year Festival At NQHS Feb. 12

Quincy Asian Resources, Inc. announces the 29th annual Lunar New Year Festival will take place at North Quincy High School on Sunday, Feb. 12th from noon to 6 p.m.

The event will feature a marketplace with local artists, exhibits and crafts. Some 8,000 to 10,000 people are expected to attend.

For vendor and sponsorship information email events@quincyasianresources.org.

14 On Wentworth Dean's List

Fourteen students from Quincy are on the Dean's List at Wentworth Institute of Technology in Boston for the fall semester.

They are:

Alex K. Sweeney, Amy Min-Yi Chen, Eric Linden Wahlstrom, Jenny Chin, Kyle Dinh Vo, Matthew John Hines, Xavier Fermin, John Woo, Luka Kwok Ming Chong, Zifeng Huang, Enea Milo, Phyu Han, Raymond G. Tan and Samantha T. Le.

3 On Dean's List At Roger Williams

Three students from Quincy are on the Dean's List for the fall semester at Roger Williams University in Bristol, R.I.

They are:

Natalie O'Donovan, Alexandra Graf and Katherine Stevenson.

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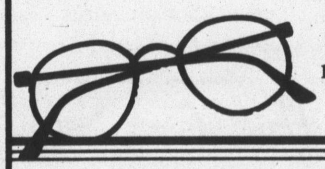
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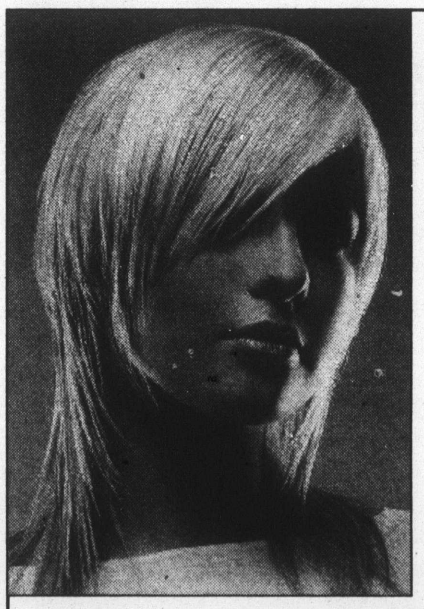
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Climate Action Group Delegation At Women's March

The Quincy Climate Action Network sent a delegation of supporters to the Women's March in Boston Jan. 21.

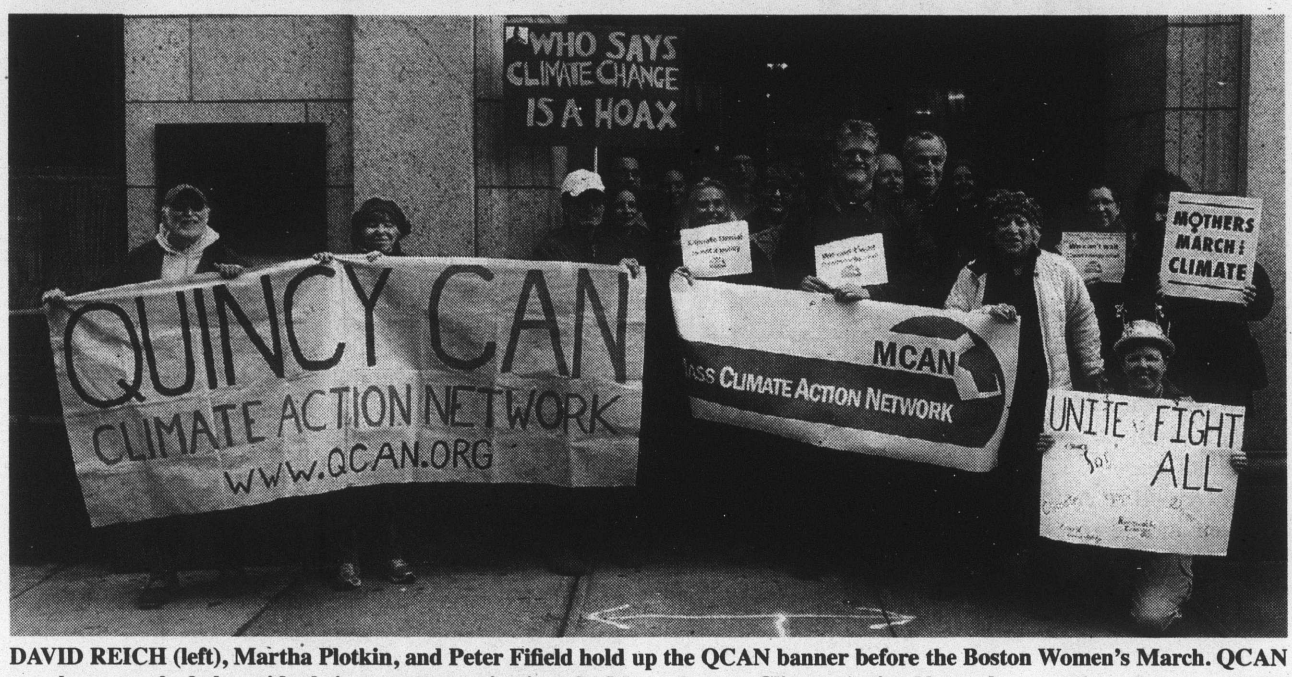
West Quincy resident Tom McGuinness, who attended the Boston Women's March with the QCAN delegation, said he "was awestruck by the sheer number of people" at the event—175,000, according to official estimates.

The QCAN delegation marched alongside members of their parent organization, the Massachusetts Climate Action Network. "Going forward," said McGuinness, "we will see more of these actions, and I hope they'll convince the Trump Administration to acknowledge the threat of climate change and reassess their stance on clean energy."

Sarah Belfort, a QCAN board member, brought her two sons, ages 8 and 10, to the event. "I want them to know they can be politically active even though they can't vote yet.," Belfort said. She also said she was impressed with the tone of the march.

"People were so kind, to one another and to the police officers protecting the march," she said. Belfort's mother, from Weymouth, and her brother, a Scituate resident, attended the march along with her and her sons.

QCAN board member Martha Plotkin said she was pleased by the unprecedented crowd size and by the number of signs she saw calling for action on Climate Change.



DAVID REICH (left), Martha Plotkin, and Peter Fifield hold up the QCAN banner before the Boston Women's March. QCAN members marched alongside their parent organization, the Massachusetts Climate Action Network. *Photo Courtesy QCAN*

"I am heartsick and angry about President Trump's promise to roll back eight years of progress, including the Paris Climate Accord and President Obama's Clean Power Plan," Plotkin said. "But I was heartened to see how many people are putting climate action at the top of their agenda."

Plotkin said she took the Red Line to attend the march, and the cars were so crowded that people on the platform at North Quincy had to wait for a later train.

"It was like the peak of a weekday morning rush hour, only more packed, and many of the people on the train were holding signs or wearing knitted pink hats," she said. "Obviously turnout from Quincy was massive."

David Reich, QCAN's board chairperson, who also attended, said the march was a morale boost for the group, but it will need to be followed by grassroots action on the local level.

"QCAN is energized and ready to go for 2017," he said. "We're planning more films and public lectures about energy and climate change, and more meetings with local and state officials.

"This march was just a kickoff as far as we're concerned," Reich added.

WHAT'S COOKING with *Marie & Susie*

By MARIE D'OLIMPIO and SUSIE FALCO

Oatmeal-Raisin Cookies

By MARIE

I have made oatmeal-raisin cookies numerous times for years. Recently I found this oatmeal cookie made with apple sauce.

The addition of the apple sauce makes the cookie very chewy, which most people love.

CHEWY OATMEAL APPLE SAUCE SPICED COOKIES

Preheat to 350 degrees

1/4 cup firm brown sugar
1/2 cup granulated sugar
4 tablespoons (one- half stick) butter softened
¾ cups of apple sauce
2 egg whites or one egg
Two tablespoons of milk
2 teaspoons of vanilla
1 and ½ cups flour
1 teaspoon baking soda
1 teaspoon of cinnamon
¼ teaspoon of nutmeg
3 cups of quick oats
1 cup of raisins

In a large bowl beat sugar and butter until well blended. Add apple sauce, egg whites or egg, milk and vanilla and beat well. Add flour, baking soda, cinnamon and nutmeg. Add the oats and the raisins and mix well. (dough will be moist) On lightly greased cookie sheet or cookie sheets lined with parchment, drop dough by rounded tablespoons onto the cookie sheet. Bake 10 to 12 minutes or until edges are lightly golden brown. Cool one minute on cookie sheet and then move to wire racks and cook completely. Save tightly covered.

Sweet Potato Skins

By SUSIE

Here is a great recipe for that big game coming up on Sunday! (Or even for those not so big games).

It is a healthy twist on your usual potato skin recipe or the ones you get while dining out. This one utilizes sweet potatoes and healthier toppings.

You can substitute full fat Greek yogurt if you are really missing that sour cream. I like doing that as well as adding some cooked and chopped organic turkey bacon, cooked nice and crisp. You wont be missing out on anything with these on your plate! Your kids will love them as well.

SWEET POTATO SKINS

- **6 medium sweet potatoes**
- **4 tablespoon extra-virgin olive oil**
- **1 cup shredded raw cheddar or your favorite raw cheese**
- **2 tablespoons grated Parmesan**
- **2 or 3 scallions, thinly sliced**
- **1/2 cup salsa verde**
- **1 avocado, pitted and cut into small pieces**
- **1 can of black beans or refried beans (OPTIONAL)**

Directions

- Position an oven rack in the top of the oven, and preheat to 350 degrees F. Put the sweet potatoes on a rimmed baking sheet, and bake until fork-tender, 40 to 50 minutes. Let cool completely. Split each in half lengthwise, and scoop out most of the flesh, leaving about a 1/4-inch border all around. (Save the scooped-out flesh for making mashed sweet potatoes later.)
- Preheat the oven to 400 degrees F. Put a rack on a rimmed baking sheet. Arrange the potato skins skin-side up on the rack, and brush with 2 tablespoons of the oil. Bake until the skins are slightly browned, 20 to 30 minutes. Let cool completely, then cut each in half crosswise.
- Arrange the pieces skin-side down on the rack, and sprinkle each with raw cheese, Parmesan and scallions. Bake until the cheese melts, 8 to 10 minutes. Remove the potato skins from the oven, and drizzle with the remaining oil. Top each with some salsa verde and avocado.
- If you would like some beans on your potatoes, simply spoon some on before you use the cheeses. Enjoy!

'Nova Scotia And Immigration From British Isles To NE' Topic

Robert Allison, professor of history at Suffolk University, will be the guest speaker at the Quincy Historical Society Thursday, Feb. 9 at 7 p.m. at the Adams Academy, 8 Adams St., Quincy.

Professor Allison's program is entitled "Nova Scotia and Immigration from British Isles to New England." He will discuss the significant but often overlooked role that Nova Scotia played in immigration from the British Isles to the United States.

Throughout the 19th century, Scots, Irish, English, and Welsh who emigrated frequently went first to Nova Scotia. While many remained, many moved on to the United States, and particularly to New England. Residence in Nova Scotia might be a few years, but also might be a generation. Any number of present-day New Englanders will mention in conversation that an ancestor came from Nova Scotia. Yet, this aspect of the immigration story seems never to have been integrated into our collective historic narrative.

Professor Allison will help right this omission by giving us a sense of the reasons for the Nova Scotia to New England progress and of the motives and experiences of the people who lived it.

Allison is the author of several books of history focusing on Boston and New England and on the Revolutionary era. He is among the most popular lecturers on historical topics and makes frequent appearances on Boston television and radio.

This program is co-sponsored by the St. Andrew's Society of Massachusetts and Quincy Historical Society.

Everyone is welcome. There is no admission fee.

The Bond Of Grandparents And Grandchildren At Kennedy Center

Would you like to improve your relationship with your grandchild young or old?

Join the Quincy Council on Aging on Wednesday, Feb. 15th at 10:30 a.m. at the Kennedy Center in Quincy to learn new ways to nurture your relationship with your grandchild.

For centuries, the relationships between the oldest and youngest members of families were precious. Today, things have changed so much and the demands of contemporary culture - from cell phones and social media to afterschool activities and school pressures - can weaken these bonds.

Learn more about societal changes and how to approach them with a spirit of empowerment rather than fear. Get your questions answered. Learn about strategies to strengthen these bonds - regardless of whether your grandchildren are newborns, in school or launching careers.

This information and interactive workshop will be presented by Andrea J. Eonte Weaver, Founder and Executive Director of Bridges Together, Inc. and a nationally recognized intergenerational specialist.

Registration is required for this presentation. To register, call the Kennedy Center at (617) 376-1506.

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Keep An Eye Out On Your Vision Health

A Message From The Quincy Health Department

RUTH JONES

By RUTH JONES
BSN, RN, BC, CP-FS

Your vision is an imperative element of your overall health.

Countless people believe that their eyesight is just sufficient, until they acquire that first pair of glasses or contact lenses and the world comes into sharper view. Improving your eyesight is crucial, about 11 million Americans over age 12 need vision correction, but that's only one of the reasons to get your eyes examined.

Regular eye exams are also an important part of detecting eye diseases early and protecting your vision. Eye exams at every age and life stage can help keep your vision strong. Of the estimated 61 million US adults at high risk for vision loss, only half payed a visit to an eye doctor in the past 12 months. Regular eye care can have a life-altering impact on preserving the vision of millions of people.

Though people tend to be plagued with more vision problems as they get older, children require routine eye exams to ensure healthy vision, too. However, less than 15 percent of preschool children get an eye exam and less than 22 percent receive vision screening. Vision screening can reveal a potential vision problem but can't diagnose it. A comprehensive dilated eye exam is necessary to diagnose eye diseases.

During a comprehensive dilated eye exam, your eye care professional instills drops in your eyes to dilate, or widen the pupils. This procedure enables them to inspect the back of the eyes and examine them for any indications of damage or disease.

Throughout the exam, visual acuity (sharpness), depth perception, eye alignment, and eye movement are tested. Your eye doctor may even detect additional conditions such as high blood pressure or diabetes, on occasion before your primary care doctor can. Furthermore, many common eye diseases, such as glaucoma and age-related macular degeneration, frequently exhibit no warning signs. A dilated eye exam is the only way to reveal these diseases in their initial stages.

Discussing eye health history with your family is a beneficial place to start. It's important to know if anyone has been identified with an eye disease or condition, as many are hereditary. This information can help to establish if you're at a greater risk for developing an eye disease or disorder.

Eat correctly to safeguard your eyesight. Consuming a diet rich in fruits and vegetables, specifically dark leafy greens, such as kale, spinach, or collard greens, is also valuable for maintaining healthy eyes. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as tuna, salmon, and halibut.

Being overweight or obese increases your probability of developing diabetes and other systemic ailments which can result in vision loss, such as diabetic eye disease or glaucoma. Maintaining a healthy weight is an essential tool in overall health, including eye health.

Wear protective eyewear when playing sports or doing activities around the house. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially fabricated to provide suitable protection for the activity in which you're engaged. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Protective glasses can be purchased at sporting goods and hardware stores, as well as at many eye care provider offices.

For other approaches to protect those precious eyes consider the following:

• Don't smoke or quit if you do. Smoking is as harmful to your eyes as it is for the rest of your body. Research has linked smoking to a heightened risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can be the forerunner to blindness.

• Be trendy and wear your shades. Sunglasses are a great fashion accessory, but their most significant job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

• Give your eyes a rest. If you spend an extended amount of time at the computer or focusing on any solitary thing, you may from time to time forget to blink and your eyes can become fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This brief exercise can help reduce eyestrain.

• To avoid the risk of infection clean your hands and your contact lenses properly. Always wash your hands thoroughly before putting in or removing your contact lenses. Also be certain to correctly disinfect contact lenses as instructed and replace them as appropriate. Talk to your eye care provider about keeping your eyes healthy and safe while wearing contact lenses.

After you have had an initial visit and examination with your eye care provider, if you develop any of the following eye problems, don't wait for your next appointment, visit your eye doctor as soon as possible if you are experiencing:

• Decreased vision

• Draining or redness of the eye

• Eye pain

• Double vision

• Diabetes

• Floaters (tiny specks that appear to float before your eyes)

• Circles (halos) around lights

• Flashes of light

There exists an old saying in American culture: "The eyes are a window to the soul." Our eyes are an important, but often overlooked, part of overall health. Despite the preventable nature of some vision impairments, many people do not receive recommended screenings and exams.

Looking ahead, because of our increasing aging population, the number of blind and visually impaired people in the United States is estimated to double by 2030. Encouraging people to take care of their vision health as part of their overall health and wellness could significantly reduce that number and improve quality of life for millions of Americans.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

'Unraveling The Mystery Of Healthcare Costs' Seminar Feb. 10

Comprehensive Benefit Administrators, a company that combines traditional brokerage services with specialty services such as advocacy, claims administration, benefits expertise and compliance, will host a seminar, "Unraveling the Mystery of Healthcare Costs" in conjunction with Rockland Trust Company.

The seminar will take place Friday, Feb. 10 at the Quincy Marriott, 1000 Marriott Dr., from 8:30 to 11:30 a.m.

The seminar is a two-part series. The first, "Unraveling the Mystery of Healthcare Costs," will run from 8:30 to 10 a.m., with the actual seminar beginning at 9 a.m. This topic is presented by Michael McKenna, president and CEO of Comprehensive Benefit Administrators. The presentation will include an open discussion on why today's healthcare costs are so expensive, and some general strategies for how to mitigate those costs, and a look at what the changing face of healthcare costs may include.

The second part of the seminar is "Understanding the Economic Impact of a Financially Unprepared Workforce to your Bottom Line," introduced by Rockland Trust Retirement Plan Manager Sean McGarry and presented by MassMutual's Brian J. Mezey. This portion of the program will be a discussion to help CFOs and HR Managers quantify what they already know; namely, that an aging workforce costs more. The discussion will focus on what you can do about it.

"This is a must-attend for anyone concerned about the spiraling costs of healthcare and how employers can mitigate the financial challenges of these costs, plus workforce issues," McKenna said. "These will be challenging issues for employers in the New Year, and with a change in administration, it's advisable to stay on top of what's happening and hear some strategies for the coming year."

There is no cost to attend, but seats are limited. To be assured of a place, RSVP to Kasey Southwick, ksouthwick@cbacompanies.com, by Feb. 7.

Healthy Heart Topic At Kennedy Center

Heart disease is the number one killer of both women and men in the United States.

Each year, 500,000 Americans die of heart disease, and approximately half of them are women. The good news is that you have a lot of power to protect and improve your heart health.

Join Ruth Jones, BSN, RN, BC, CP-FS, director of Nursing, Quincy Health Department, at the Kennedy Center on Thursday, Feb. 16 at 10 a.m. to discuss your risk of heart disease and the steps you can take to prevent it.

Registration is required for this event. To register call the Kennedy Center at (617) 376-1506.

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Police Dept. Welcomes New Lieutenant, Sergeant

Cont'd From Page 2

sion. Guarente will be the commander of the 4 p.m. to midnight shift, and DesRoche will be assigned to the midnight to 8 a.m. shift.

The promotions came a week after Lt. Jack Sullivan retired from the Quincy Police Department. Sullivan had spent 40 years as a police officer – 34 in Quincy and six with the University of Massachusetts Boston, where he was a sergeant.

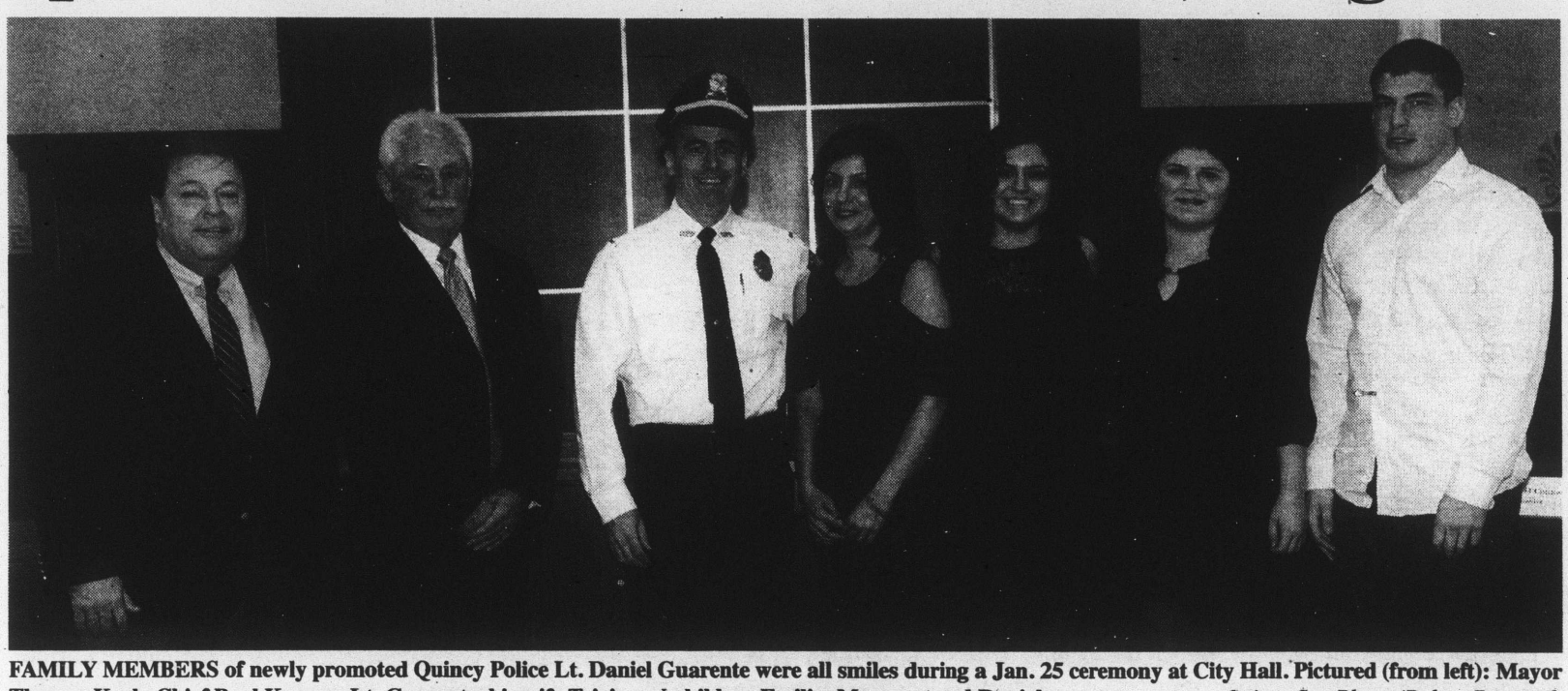
Mayor Thomas Koch opened the ceremony, calling it a celebration of two great individuals.

"Here we are today using this hall for a celebration of two great individuals who are highly esteemed, well thought of members of our police department. We join with you and your families in joy today for your hard work and continued dedication to the citizens of this great city," the mayor said.

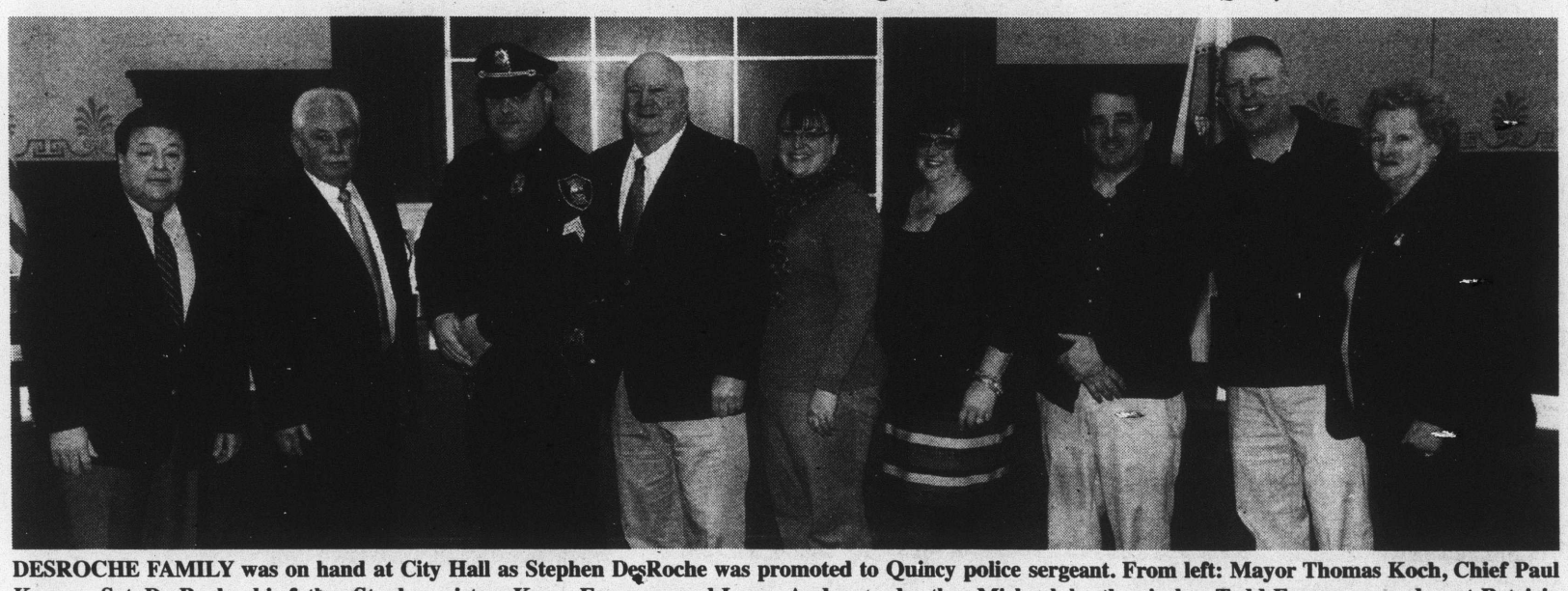
"I know each time we gather here for happy events like these I frequently say how fortunate the citizens are to have an incredible police department. I look around the room and see some incredibly dedicated individuals serving the city that most of you grew up in and truly love, and that goes for the chief as well."

Keenan spoke highly of the two officers receiving promotions, saying they would do well in their new posts.

"Today is a happy day. This is one of the better days as the chief of police, when you can come up and can watch the swearing in of some of your officers moving forward in their careers and today we've got two outstanding officers," Keenan said.



FAMILY MEMBERS of newly promoted Quincy Police Lt. Daniel Guarente were all smiles during a Jan. 25 ceremony at City Hall. Pictured (from left): Mayor Thomas Koch, Chief Paul Keenan, Lt. Guarente, his wife Tricia and children Emilia, Margaret and Daniel. *Quincy Sun Photos/Robert Bosworth*



DESROCHE FAMILY was on hand at City Hall as Stephen DesRoche was promoted to Quincy police sergeant. From left: Mayor Thomas Koch, Chief Paul Keenan, Sgt. DesRoche, his father Stephen, sisters Kerry Ferguson and Laura Anderson, brother Michael, brother-in-law Todd Fergusson, and aunt Patricia Saulnier.

"We've got Dan Guarente, who all the young guys tell me they're dying to get him on nights because he is so well respected. He is a man of the people, the officers really enjoy working for him, and I have a great deal of respect for Dan. I think he's a stand up guy and I know he is going to be an excellent lieutenant going forward.

"We've got Steve DesRoche, who is like the master of everything. There is not anything that Steve really doesn't do in the department. He's in traffic, he's in recon, he does the anti-crime, I know he's done a great job the last few years cleaning up the square and keeping things moving. I don't know where he finds the time – he works like 10,000 hours a week and has more energy than anybody in the department. I know he is going to be a welcome addition as well to the patrol division."

Keenan congratulated the officers – and their families – for their dedication and hard work.

"We thank you all for coming. We congratulate all the families. We know the dedication and hard work, not only for the officers that have to put in the time to study, [but also] the families that have to give up their husbands and boyfriends and friends and family members to get that studying done," the chief said.

"It is not an easy task in Quincy. Anyone that has ever taken an exam in Quincy will tell you how long it takes, how much dedication it requires to go forward in the Quincy Police Department."

The police department has five open positions for patrol officers, Keenan said. Officials have asked civil service for a list of female candidates to fill at least some of those spots in an effort to diversify the department.

Quincy Center Bar Shuttered After Board Revokes License

By SCOTT JACKSON

A Quincy Center bar has been shuttered after city officials voted to revoke its license for the second time in nine months.

The Board of Licensing Commissioners on Jan. 24 unanimously voted in favor of revoking the all alcohol license held by the Clash of the Ash at 1464 Hancock St. after the bar was caught serving a minor on Nov. 24.

The board had previously revoked the Clash of the Ash's liquor license in April 2016 for serving a minor on St. Patrick's Day, but it remained open as the owner appealed that decision to the Massachusetts Alcoholic Beverage Control Commission. Louis Cassis, the attorney for owner Bernard Connaughton, did not dispute the allegation but hoped to get the punishment reduced from a revocation to a suspension. The ABCC heard the appeal in November but has yet to announce its decision.

The Clash of the Ash was ordered to shut down immediately following the Jan. 24 vote and was not allowed to stay open pending appeal because it was the second license revocation by city officials, Police Chief Paul Keenan said. The owner could seek an injunction in Norfolk Superior Court to stay the revocation pending appeal.

Cassis told reporters he would confer with Connaughton before deciding what to do next following the board's vote.

Connaughton was first called before the board for a hearing on the Nov. 24 violation on Jan. 10. Cassis at that meeting said the owner was in the process of negotiating the sale of the bar to a new owner and said he would voluntarily close his establishment in two weeks if a purchase and sale agreement had not been reached at that point. The board granted a continuance at the Jan. 10 meeting.

Cassis said no sale agreement had been reached prior to the Jan. 24 meeting. He said Connaughton would voluntarily close the bar that night if the board gave the owner another two weeks to finalize a sale agreement.

"All I'm looking for is two weeks, and there is no downside," Cassis told the board.

Board members declined to give him additional time to finalize a sale agreement.

"There is not a consequence for what already happened," said City Clerk Nicole Crispo, who was the only board member to vote against the continuance given Jan. 10.

Crispo noted the city has 20 all alcohol licenses available for the prospective new owner. Those licenses were granted to the city under special legislation and are restricted to Quincy Center.

After the board voted against a continuance, Police Det. Lt. Peter Turowski read the incident report from Nov. 24.

That night – the night before Thanksgiving – is the busiest night of the year for liquor sales, Turowski said, with many college students home on break. Officers visited the Clash of the Ash and other bars in Quincy Center early that evening to advise employees to make sure patrons were being carded, he said.

Around 11:45 p.m. that night, Turowski and three other officers entered the Clash of the Ash. He said he asked a male drinking a Bud Light inside the bar for identification. That male provided a Massachusetts driver's license with a date of birth in December 1994, but the individual on the license was listed as 5'7" while Turowski said the person he was speaking to was at least five inches taller.

When asked about the discrepancy in height the male responded he had grown since the license was issued, Turowski said.

Additionally, the lieutenant said the person on the license had an elongated face while the man he was speaking to had more of a rounded face, and the person did not make eye contact with him.

Turowski said he then asked the person for his real ID, and the man gave a license with a date of birth of Jan. 1, 1996 – making him 20 years old at that time. The man, who was arrested, told officers he was not carded at the door or when he purchased his beer. Turowski said he then spoke to Connaughton, who voluntarily began emptying out the bar.

Cassis said he admitted an underage person was caught drinking inside the bar that night, but said the man did use a valid Massachusetts driver's license.

In other business Jan. 24, the licensing board:

- Approved a road race permit for the annual Feel the Beat Claire 'Joni' Brennan Foundation 5K on Sept. 9.
- Approved a request from BOS Auto Inc., 112 Copeland St., to increase the number of used vehicles on site from one to five.
- Granted a common victualler license to Falafel King, which will be moving to 603 Hancock St. from its previous location in Quincy Center.

Continued to Feb. 7 a request from Summer International Travel LLC for a livery license.

School Superintendent Gets New 3-Year Contract

Cont'd From Page 1

dent for the past 16 years, has been serving in the district for nearly 42 years. He started as a teacher and later served as assistant principal, and principal in various schools in the city. He was promoted to assistant superintendent in 1993 before being appointed school chief in 2001.

Committee member Barbara Isola echoed Koch's remarks and added that DeCristofaro's experience in so many roles "makes a difference in the fabric of the Quincy Public Schools."

"You understand the system from the ground up," she said.

Isola noted DeCristofaro's work ethic.

"You're not just sitting in the office," she said. "You're out there and interacting. You're out in the field, out with our educators, out with people in the buildings. You see our students and assembled a leadership team that is second to none."

Vice Chairman Paul Bregoli noted that DeCristofaro has been working in the Quincy system "his whole life" and that the school system is "very fortunate to have a person of his caliber and his character and passion and love for the city."

Bregoli said he didn't fully appreciate the role of superintendents until he came on the school committee and witnessed DeCristofaro's work on a day-to-day basis. He added that DeCristofaro's dedication spreads throughout the district.

"People in the school system are all about the school system and it comes from the superintendent," he said.

Following the vote approving the new contract, about a dozen staff and administrators in the audience rose and applauded.

DeCristofaro said he is "very pleased with the contract" and extended his appreciation to the school committee for its years of support.

"I am very grateful to the school committee for their confidence in me," he said. "With the leadership we have in the school committee, I think we are doing some incredible things in the school system for our students, for our staff and for our parents and it gives me a great opportunity to continue with so many of these programs and initiatives that we have in the school system."

The superintendent noted there are many partnerships and collaborations including that of the city council, parents and businesses that support the school system.

"There are over 100 businesses that dedicate themselves to helping us in so many ways," he said. "We have done a lot of things to make sure there is a consistent connection from the school system to as many homes as possible, to as many businesses as possible, to make them understand that this is a city that truly is collaborative and is committed to a great educational system, that it's inclusive and is curriculum-centered. Above everything, I think it's a school system that is based on caring relationships."

DeCristofaro added that he is dedicated to the city where he grew up and is ready to continue his work.

"I am thrilled to go forward for another three years," he said.

QUINCY SCHOOL SUPT. Dr. Richard DeCristofaro, center, is congratulated on his new, three-year contract by Mayor Thomas Koch, left, and School Committee Vice Chairman Paul Bregoli. *Quincy Sun photo/Tom Gorman*

About My Wife, Abigail Adams At Kennedy Center Feb. 22

In honor of Presidents Day, John Adams (portrayed by George Baker) will be at the Kennedy Center on Wednesday, Feb. 22nd at 10 a.m.

John will talk with admiration, humor and affection about his wife, Abigail Adams, the First Modern American Woman and describes how Abigail defied the sexist conventions of her time, that married women could not own property, and with her amazing financial skills and insights made the Adams family prosperous. She helped found the new nation and raised their son, John Quincy Adams, to become president.

This program is full of details of Abigail's life which most people don't know. It is told from the perspective of a husband talking about his wife, and contains the story of their romance, challenges, trials and accomplishments which makes them sound like ordinary people living in extraordinary times.

To register for this event or for more information call the Kennedy Center at (617)376-1506.

Diabetes Self Management Program

The Quincy Health Department is offering a free six-week program "My Life, My Health," Diabetes Self Management program at the Kennedy Center in Quincy beginning Thursday, Feb. 23 from 5 to 7 p.m.

This program is for those living with or caring for someone with pre-diabetes or diabetes to learn skills to prevent, manage and cope with the disease and improve communications with providers.

"My Life, My Health" is a chronic disease self management program developed by Stanford University Medical Center to help set and meet personal goals, increase energy level, handle stress, learn to relax, eat healthy, improve quality of life and more.

Registration is required for this program as space is limited. To register, call the Kennedy Center at (617) 376-1506.

Bay State Skating School Learn-To-Skate Classes

Bay State Skating School has Learn-To-Skate classes offered in 12 Greater Boston rinks including Shea Rink in Quincy.

The school's emphasis is on having fun while learning to skate.

Bay State Skating School has become a Boston institution, teaching ice skating classes for children ages 4 ½ to 18, for over 48 years. Skaters learn recreational, hockey or figure skating skills at the beginner, intermediate, and advanced levels. The winter months are great months for ice-skating.

Bay State Skating School is a non-profit organization.

For more information call 781-890-8480 or visit www.BayStateSkatingSchool.org.

VOICE FOR HEALTH

by Dr. Gabrielle Freedman
Chiropractor

ACTIVE TREATMENT

When muscles and other soft tissues are injured or overused, the body may respond to small tears by producing tough, dense scar tissue in the affected area. As this scar tissue impedes movement, more scar tissue may build, muscles weaken and become shorter, and nerves can become trapped. If tension is placed on tendons, they may become inflamed. These factors can all lead to reduced range of motion, loss of strength, and pain. To address these problems, some chiropractors utilize the Active Release Technique, which involves applying deep pressure to the tender area as the patient actively puts the tissue through specific movements in order to release fibrous adhesions. The goal is to reestablish proper motion by reducing scar tissue.

If you have a sports injury, you could benefit from Active Release Technique. If you feel stiff, tight, or have chronic pain or problems, don't hesitate to schedule an appointment with **FAMILY PRACTICE OF CHIROPRACTIC** at **617-472-4220**. We can help patients with sports injuries, chronic pain, and acute trauma. We accept most major insurance plans including Blue Cross Blue Shield, Harvard Pilgrim, Tufts, Mass Health Standard, Neighborhood Health Plan, Medicare, Network Health. Our office is located at **112 McGrath Hwy., Quincy**.

P.S. The Active Release Technique mentioned above can be used to treat carpal tunnel syndrome, shin splints, shoulder pain, sciatica, tennis elbow, and other problems commonly encountered by athletes and active individuals.

www.freedmanchiro.com

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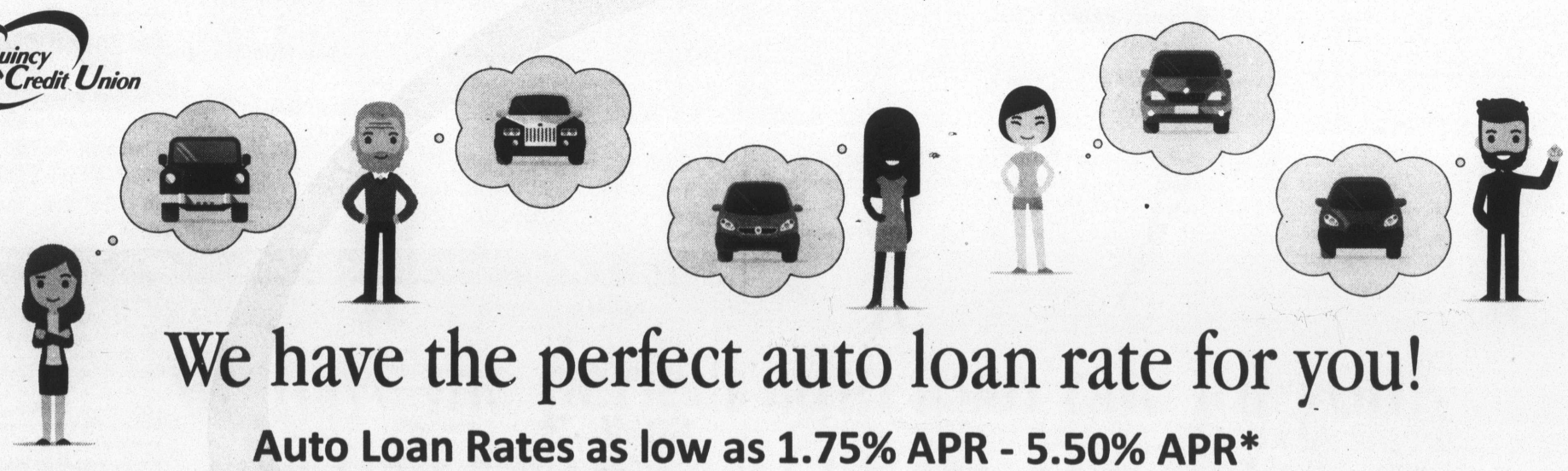

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Hughes Re-Elected GOP Chairman

By SCOTT JACKSON

Kirsten Hughes was re-elected to a third term as the chair of the Massachusetts Republican Party, defeating a conservative activist who sought to unseat her.

Hughes, who is also the president of the Quincy City Council, was re-elected to the position Jan. 25 during a meeting of the state party held in Newton. Hughes was facing a challenge from Steve Aylward of Watertown and defeated him by a 46-30 margin.

Gov. Charlie Baker had endorsed Hughes in the race for the leadership post. Hughes previously told The Sun she also had the backing of former U.S. Sen. Scott Brown.

Hughes, in a statement, said she wanted to build on the party's recent success.

"I am honored to have the opportunity to serve our Republican Party as chairman for the next two years, and I am ready to work with

KIRSTEN HUGHES

Republicans across Massachusetts to advance our principles," she said. "I am grateful that this process and debate helped to surface new and worthy ideas that will help unify and grow our party.

"During the next two years, we will build on our recent successes: growing the grassroots, investing in our data-driven field operation, and electing Republicans up and down the ticket. As we enter a new era of unified GOP leadership, I'm excited about the Mass-GOP's ability to advance our shared priorities."

Hughes was first elected chair of Massachusetts Republican Party in 2013 and was re-elected in 2015.

During the 2006 and 2010 election cycles Hughes worked with the state party; she served as the state GOP's field director in 2010. In 2008 was a field staffer for U.S. Sen. John McCain's presidential campaign before working for Brown's re-election campaign in 2012.

Hughes, an attorney, was first elected to the Quincy City Council in 2011 and re-elected in 2013 and '15. Her colleagues elected her council president in 2016 and again in January; she is the second woman to hold the post.

Hughes, who represents Ward 5 on the City Council, is up for re-election again in the fall. She has told The Sun she plans to seek a fourth term.

SIXTEEN QUINCY HIGH School students recently participated in the 64th annual Harvard Model United Nations conference at the Hynes Convention Center in downtown Boston. "HMUN" is a four-day international relations simulation for high school students, where delegates gain insight into the workings of the United Nations and the dynamics of international relations by assuming the roles of UN representatives and members of other international bodies and national cabinets. Front row (from left) Ziuling He, Yaseen Alkhafaji, Jane Lundquist (advisor), Maysoon Khan, Cecilia Gonzalez, Nicole Salvatore, Maura MacDonald, and Yusra Ahmed. Back row: Anthony Zero, Izadora Lenna, Christina Haley, Emma Smyth, Joelle Robinson, Alex Huynh, Klei Hamzallari, Evan Bausemer and Liam Rogers.

Photo Courtesy Quincy High School

Free FAFSA Assistance At Quincy College Feb. 11

Quincy College will offer free FAFSA (Free Application for Federal Student Aid) assistance Saturday, Feb. 11 from 10 a.m. to 1 p.m. at the college's Quincy Campus, Room 411, Fourth Floor, 1250 Hancock St.

The FAFSA is the federally required form for ALL students seeking federal financial aid for higher education. Students attending college during the 2017-2018 academic year must complete the 2017-2018 FAFSA, if they are interested in receiving federal and state financial aid.

The event is open to the public.

Free assistance for students and families seeking to complete the FAFSA for financial aid during the 2017-2018 academic year will be available.

Quincy College is participating in FAFSA Day Massachusetts, a non-profit, volunteer driven effort providing FREE assistance to students and families seeking to complete the FAFSA (Free Application for Federal Student Aid).

Quincy College will provide:

- Free assistance completing the FAFSA.
- Access to experienced financial aid administrators and FAFSA experts to answer questions.
- Guidance on the financial aid process and next steps after filing the FAFSA.
- Limited seating is available; Students and families are encouraged to reserve their spot for the Feb. 11th FAFSA Day at Quincy College.

Quincy College at Plymouth will also host a FAFSA Day event on the Plymouth Campus at 36 Cordage Park, Plymouth on Saturday, March 4th from 10 a.m. to 1 p.m.

For more FAFSA Day event locations and/or to register, go here: https://www.masfaa.org/fafsa-day/

Legislators 40% Pay Hike 'Excessive'

READERS FORUM

Recently the City of Quincy's legislative team, comprised of state Sen. John Keenan and state Reps. Tacky Chan, Bruce Ayers and Ronald Mariano, voted to give themselves a 40 percent pay increase.

No one denies that a pay increase was probably long overdue but the amount of 40 percent is excessive.

The bill passed and was vetoed by Gov. Baker. The legislature can override the veto with a 60 percent majority, so Gov. Baker's gesture becomes purely symbolic.

The real problem resides in the fact that our state legislature is democratically lopsided and our two-party system of checks and balances in Massachusetts is non-existent. If the legislature was better balanced, additional debate and compromise would be needed to pass such bills.

Whether you are a Democrat or Republican, one should be upset that those in power feel that they can vote themselves such an exorbitant increase when so many are in need.

In his State of the State Address, Gov. Baker referenced the importance of compromise. As our founders had envisioned, whether it is at a local, state or national level, having a balanced two party system which forces debate and compromise, provides for transparency and integrity to legislation that reflects the will of "all" people.

John Iredale
Chairmen
Quincy Republican
City Committee

'Church Matters' Lecture At ENC Feb. 6

Duke University Professor Emeritus Stanley Hauerwas will be the guest speaker for Eastern Nazarene College's annual Gould Holiness Lecture, to be held Monday, Feb. 6 at 7 p.m. in the sanctuary of the Wollaston Church of the Nazarene.

Wollaston Church of the Nazarene is located adjacent to the Eastern Nazarene College campus at 23 E. Elm Ave. in Quincy.

Titled "Church Matters! Why the World Needs the Church to be the Church!" Hauerwas's lecture will consider the role of the church "in a time when secularism has become a radical expression of modernity." Following the presentation, a time of discussion and refreshments will be held in the church's Metcalfe Gathering Room.

The Gilbert T. Rowe Professor Emeritus of Divinity and Law at Duke University, Hauerwas is the author of "Community of Character: Toward a Constructive Christian Social Ethic" and "Vision and Virtue: Essays in Christian Ethical Reform."

Finance Orientations At QCAP Feb. 3, Feb. 17

The Greater Quincy Financial REACH Center will hold orientations Friday, Feb. 3 and Feb. 17 starting at 10 a.m. at Quincy Community Action Programs, Inc., 1509 Hancock St., Quincy.

Topics include job search, support and placement; workforce development, education and training; credit counseling and repair; money management and budgeting; as well as financial education and coaching.

To register, contact Theresa Whittaker, 617-657-5355, email twhittaker@qcap.org or visit www.qcap.org.

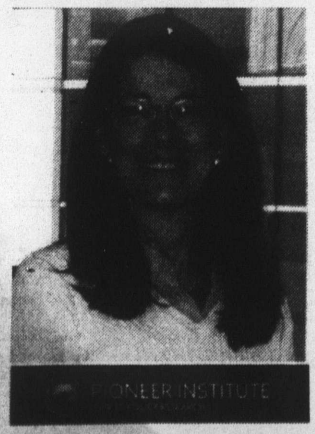
Quincy Republican City Committee

The QRCC is pleased to announce
Guest Speaker

Mary Z. Connaughton, CPA

The Pioneer Institute
Wednesday, February 8
7:00 PM
The Neighborhood Club of Quincy
27 Glendale Road

Mary Z. Connaughton, CPA, is Pioneer's Director of Government Transparency and Director of Finance and Administration. Prior to joining Pioneer, she was a partner in the business development firm of Ascentage Group. Her professional experience also includes being an accounting instructor at Framingham State University and senior manager on the audit staff at Ernst and Young in Boston.



Mary served on the former Massachusetts Turnpike Authority board of directors. She was a member of the Massachusetts Commission on Judicial Conduct and was on the board of directors of Commonwealth Corporation. She was Chief Financial Officer of the Massachusetts State Lottery and served in the State Treasurer's Office. Mary was formerly vice chair of the Framingham Finance Committee.

Mary earned an M.B.A. from Assumption College in 2009, as well as a B.B.A. in Accounting and a B.A. in English from the University of Massachusetts at Amherst. She is a member of the Massachusetts Society of Certified Public Accountants.

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"Rock Solid Security"

ISMAL KAYYALI of Quincy holds a sign that reads, "Standing on the side of LOVE" during the anti-immigration ban rally in front of Quincy City Hall Monday night.

ACTIVISTS GATHER in front of Quincy City Hall to protest President Trump's immigration ban.

50 Protest Trump's Immigration Orders

Cont'd From Page 1

came just 24 hours earlier.

"It came together pretty quickly," he said.

Claire Fitzmaurice of Quincy held a sign that read "SAD" and called President Trump's executive order "unconstitutional" and "unamerican."

"It violates every precept that we ever had of welcoming people into this country and especially people who are in distress," she said. "When you find out some of the individual stories of some of these travelers, it's heartbreaking. I think we need to stand up and say this is not our America."

Fitzmaurice, a member of the United First Parish Church, also said that she knows there are many who support President Trump's policies who are likely dismissing those who oppose them.

"Well, I'm actually exercising my first amendment right: freedom to assemble and freedom of speech and supporting the freedom of religion. That's my America."

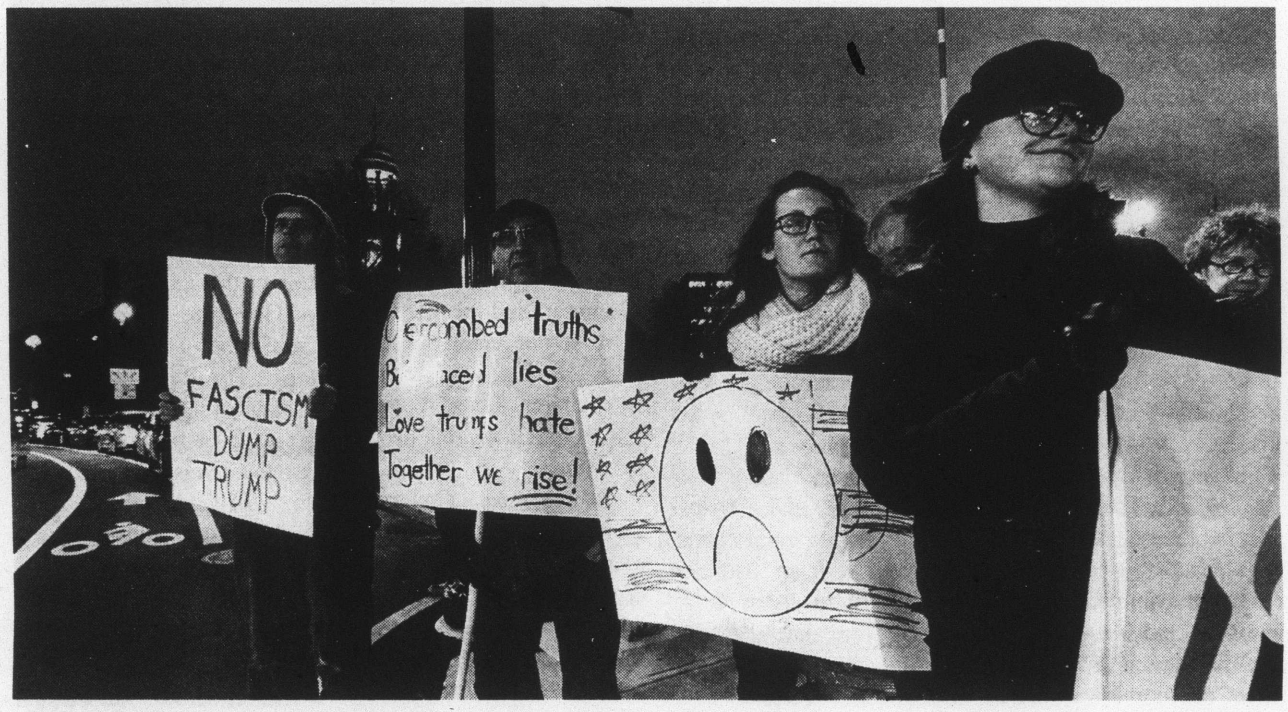
Peter Mullen of Quincy said it is fitting that a rally against President Trump, who he opined is "curtailing rights," is being held in the city that bore Presidents John Adams and John Quincy Adams who fought for the rights of others.

"I don't know where it's leading, but, we'll find out," he said.

The South Shore Coalition for Human Rights and the South Shore Peoples Network held a social justice forum on Jan. 5 at the United First Parish Church to discuss issues relating to President Trump's policies on immigration and workers and women's rights. Some of those attending the meeting called for Quincy to become a sanctuary city that would protect immigrants.

Giannone said that a follow-up meeting is scheduled for Feb. 16 at the church to continue the discussion on immigrant rights as well as the possibility of making Quincy a sanctuary city.

"I'm hoping for a bigger crowd than the last time and come out with some concrete proposal and a plan of action," he said. "I hope we can get organized enough to achieve some justice."



ACTIVISTS HOLD SIGNS – including one with the message "No Facism - Dump Trump" – during a protest rally against President Trump's immigration ban in front of Quincy City Hall Monday night.

Quincy Sun photos
Tom Gorman

QSO Concert Feb. 26 At QHS

The Quincy Symphony Orchestra (QSO) under the direction of Music Director Yoichi Udagawa continues its season with a concert on Sunday, Feb. 26th at 2:30 p.m. at the Lloyd Hill Performing Arts Center, Quincy High School, 100 Coddington St.

The concert will feature SUK Fantastic Scherzo Op. 25, LIADOV Enchanted Lake Op 62, Smetana The Moldau, DEBUSSY Petite Suite L 65, and LISZT Les Preludes S 97.

Free parking is available on site. For more information, call 800-579-1618 or e-mail at: info@quincy-symphonyorchestra.org

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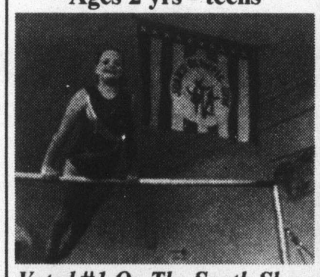
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Koch Targets Affordable Housing, Parks, Traffic, Parking In City Address

Cont'd From Page 1

the city's first dog park, projects at parks across the city, and a citywide tree planting program."

Koch also touted new residential developments in the city, such as work now underway and recently completed at Crown Colony, Marina Bay, and on Quarry Street and Burgin Parkway. Those projects, the mayor said, have enriched the city's the city's fund for affordable housing, which he plans to tap into for new workforce housing projects.

"There will be more than $15 million dollars available in the Affordable Housing Trust Fund – money contributed by developers of both major and smaller projects – as a required part of the development permitting process," Koch said.

"This year, we will identify neighborhoods and specific projects where workforce housing projects make sense."

The mayor said he also plans to address a frequent concern of residents – traffic and parking – by launching a comprehensive study, the first of its kind in Quincy in more than a quarter century.

"In the coming weeks, we'll be before the City Council with a request for the first citywide transportation plan in at least 25 years – including traffic, parking, pedestrian and bicycle issues," he said.

"With the assistance of a professional engineering firm, we'll be looking at signal timing, intersection improvements, neighborhood parking rules, pedestrian safety, and bicycle access in a comprehensive master plan that will be carried out in the years to come."

Here is the text of Mayor Thomas Koch's "State of the City" address:

Reverend Clergy, Madam President and Members of the City Council, Congressman Lynch, Auditor Bump, Senator Keenan and members of our state delegation; County officials, former mayors, citizens of Quincy, friends all.

Before I begin my formal remarks, I wish to take a moment to say thank you. Thank you to my wife, Christine and my children, Cornelius, Abbie and Tom, my mother, Simone and all of my family. I am grateful for your love and understanding. To my staff and Department Heads and managers, thank you for your dedication and loyalty to our City. To the people of our great community: It is an incredible honor to serve you as your mayor.

I have been blessed with wonderful parents, a supportive family and loyal friends. I've also had the opportunity to learn from so many remarkable people over the years. Today, I'd like to say a special thank you to two great public servants who I had the privilege to learn from – members of the Greatest Generation. Robert E. Foy III, a World War II veteran of the Army Air Corps who served this City with distinction as City Treasurer and Auditor. And John M. Gillis, a Marine veteran of World War II who served with compassion as City Clerk and County Commissioner. You both led by example. Thank you for your service to our nation and our City.

I am mindful as we gather tonight in this Great Hall of the men and women serving in the armed forces protecting our freedoms and keeping the peace. To all of our veterans, thank you for your service.

My friends, I can report to you tonight with great confidence that the state of our City is strong. Made strong by the people in this room tonight and beyond who care deeply about our community and its future. People who show a wonderful spirit of cooperation that belies the polarization that has poisoned so much of our national dialogue; People who disavow the cynicism that is perhaps today that largest single obstacle to progress; and people who look at our challenges not with ambivalence but with a resolved focus to meet those challenges together as a community.

People like Congressman Lynch, whose work every day on behalf of this community and all those he represents sets a great standard for Washington to follow. His determination, by working with his colleagues regardless of party, to secure federal funding for important projects ranging from flood relief in West Quincy to much needed overhaul of the Quincy Center MBTA Station, will make a real difference in the lives of our residents. Thank you, Congressman for all you do and for your friendship.

People like our state Legislative Delegation, who have been statewide leaders in our collective fight against addiction and who in just the past few weeks worked together to approve two major local bills, one giving Quincy College the authority to award 4-year Bachelor degrees and the other providing tools vital to keep us moving forward with our downtown. This is not headline-grabbing work, but the results will have lasting benefit to the City. Senator Keenan, Leader Mariano, Representative Ayers and Chan and Hunt, thank you.

People like Governor Charlie Baker, a leader who understands that our public transportation system is vital to our future. It's no secret that this City's 4 MBTA stations and the Red Line trains that run through them have been woefully neglected for decades. That's changing today thanks to the work of Governor Baker and the persistence of our Legislators. The Red Line wasn't broken in a day and it's not going to be fixed overnight, but the plans underway today will lead to the kind of 21st century transportation system this City deserves.

People like our City Councilors, true partners in so much of the progress we make, whether it be historic infrastructure funding, new school projects or shepherding through major economic development plans in a constructive, thoughtful and transparent way. But beyond the big issues and major legislation, it's the work the Councillors do in our neighborhoods on daily basis responding to requests and concerns of residents that is so important. Thank you, Councillors.

People like our School Committee members, whose sole focus is ensuring that our young people have every opportunity availed to them for lifelong success. Our schools today are strong, and that's not by accident. Thank you to my colleagues on the School Committee.

People like our county officials: Sheriff Bellotti, District Attorney Morrissey, Registers McDermott and O'Donnell and Commissioner Shea. Your work at the County level on behalf of the citizens of Quincy is truly appreciated.

People like our teachers, firefighters, police officers, laborers and clerks who work on behalf of this community every day – I am deeply grateful for everything you do for people of this great City.

People like our youth coaches, parents' groups, and neighborhood leaders who give of their own time for no other reason than to our make our City a better place. Our spiritual leaders and nonprofit agencies helping those who need it most. Our labor and business leaders who provide the ignition to our economic engine. Thank you all for being the dynamic heartbeat of this City.

We truly are all moving in the same direction. That's a great testament to the strength of this community and our commonwealth. And while we have much work to do, we should stand proud of our accomplishments together. From our finances, to education and public safety to rebuilding our infrastructure, protecting our neighborhoods and to fostering unprecedented economic development, this community is capturing its moment to leave our children and grandchildren the strongest City it can be. Our time is now.

Nine years ago, we faced the most serious economic crisis since the Great Depression. Property values were sinking. Unemployment was rising. The future was uncertain. We made difficult choices, but protected our core public services. Undaunted, we made investments, creating hundreds of jobs and building schools and new infrastructure at a moment when our economy desperately needed it. At the same time, we budgeted conservatively.

And that work paid off. Today, property values in the City have recovered all of the value lost during the Great Recession and then some. Property values are rising faster here than almost any of the 351 cities and towns in Massachusetts. And we're doing it while being mindful of our residential taxpayer.

Unlike virtually all cities and towns, the City of Quincy stands well below the tax limits set by Proposition 2.5. In other words, we don't tax anywhere near the ceiling set by state law. While other places are right at that limit – and in dozens of cases seeking to go beyond it – this year we will leave more than $20 million of potential taxes on the table in what's called excess levy capacity. Over the last several years, that's totaled more than $140 million in tax revenue that most places would've collected but we have not. In fact, the City of Somerville recently approved a tax override to finance the construction of a new high school. In Quincy, we are about to build a 3rd new school, while at the same time maintaining one of the lowest debt burdens in the state and with average single family tax bills growing slower than the statewide average since 2009.

While we continue to compare favorably to communities across the Commonwealth, that doesn't mean we ignore the reality of what rising property values can have on homeowner bills. In the last two years, with the support of the City Council, the City has used $6 million in revenue sur-

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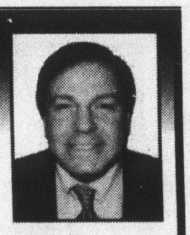

DENTISTRY for the 21st Century

by Steven A. Brustin, D.M.D.

STEADY EROSION

Sugar and carbohydrates are not the only things we ingest that have the potential to damage teeth. Many of us also eat foods and drink beverages that contain acids that contribute to "dental erosion." This underappreciated problem, which affects as many as 20% of the population, begins with softening (demineralization) of the enamel and underlying dentin, which results in diminished tooth structure. Dental erosion can also result from brushing too forcefully, tooth-grinding, and medications taken by older patients that reduce saliva flow. To prevent dental erosion from occurring, patients are urged to consume fewer acidic beverages, limit consumption of citrus fruits, and use toothbrushes with soft bristles. They should also try to at least rinse teeth after eating.

Erosion usually shows up as hollows in the teeth and a general wearing away of the tooth surface and biting edges. This can expose the dentine underneath, which is a darker, yellower color than the enamel. Because dentine is sensitive, your teeth can become more sensitive to heat and cold. To schedule an appointment, please call 617-479-6220. Our office is located at 44 Greenleaf St. We offer the services of anesthesiology with a fully trained staff and a qualified anesthesiologist.

P.S. By chewing sugarless gum, you can increase the flow of saliva, which helps to mineralize teeth.

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Merrymount Park Moonlight Stroll Feb. 10

The Park Department's Environmental Treasures program will host a free moonlight stroll through Merrymount Park with Park Dept. Director Paul Franz on Friday, Feb, 10.

The tour will begin at 7 p.m. at the Park Department building, One Merrymount Parkway (on the right as you are heading up to Pageant Field). The walk will include fun facts about the department's work.

After the walk, Franz will invite participants back to his office for a fireside chat, including the fascinating story of how a large fireplace came to be there. Participants will have the opportunity to roast marshmallows and make s'mores! Optional: bring flashlight.

For more information and rain/snow date rescheduling, call 617-472-0799.

Mayor Thomas Koch 'State Of The City' Address

Cont'd From Page 14

pluses to offset tax bills. We must continue to be mindful of these factors going forward, focusing our attention on new commercial growth and continuing to budget conservatively. While we'll continue to make important capital investments in our schools, public safety departments and infrastructure, the budget for the upcoming fiscal year will hold the line on spending with no major new programs.

There is no better example of where these investments are yielding results than in the Quincy Public Schools. The work of Superintendent DeCristofaro, his leadership team, our school principals, staff and most importantly, our teachers create a learning environment for our young people that is truly extraordinary for a district of this size with such diversity.

In 2016, the 4-year high school graduation rate was 90 percent – well above the state average. 85 percent of our graduates went on to 4-year colleges. The bottom is: Our young people are leaving Quincy Public Schools better prepared than ever before, whether it's for college, the working world or for service in the United States military.

Taken together, what this all means is that this community, with one of the most diverse districts in the entire commonwealth – both economically and culturally – competes on the same level and in many cases outperforms suburban districts around Boston. This is nothing short of remarkable.

What isn't remarkable is the formula for success – small class sizes, continued investment in new and expanded programs, a workforce of teachers and administrators who are passionate about our young people and a strong community support structure. Today, our School Community Partnership has 100 members of our business community actively involved with our schools and students. And finally, there's the unprecedented investment we're making in building new schools and improving the facilities we have. Since 2010, we have received more than $120 million dollars in project reimbursement payments from the Massachusetts School Building Authority. In essence, for just about every dollar this City spends on school projects, we've received almost 2 dollars from the state.

From the New Quincy High School to the New Central Middle to new roofs, boilers, windows and doors at many more schools, to the wonderful campus improvement projects at North -- we are making and will continue to make a generational commitment to our young people that they will learn and play at facilities that provide them every opportunity to succeed.

This spring, we will break ground on a state-of-the-art new Sterling Middle School, much of which will once again be paid for by state grants. These projects, and Sterling in particular, aren't just about building new facilities for our young people--- they make a valuable impact for the surrounding neighborhood. When construction on Sterling begins, we'll immediately move on to our next priority projects: the feasibility for a new Squantum Elementary School and a preliminary study for a new elementary school in West Quincy.

In addition to educating our young people, there is no more important role played by local government then ensuring that every citizen feels safe in their person and safe in their home. I am proud to say that thanks in great part to the work every day of the men and women of the Quincy Police Department and Quincy Fire Department, that we remain a tremendously safe City that responds to its residents in their time of need with dispatch and dignity.

Today we have a great group energetic police officers – both young and experienced -- most of whom grew up right here in Quincy and care very much about its future. They are passionate about the City and it shows. Over the last 10 years, crime is down in almost every major category. Since 2008, burglaries are down 50 percent, robberies down 32 percent; car thefts are down 37 percent, and overall incident reports are down more than 12 percent. Even minor quality of life crimes, such as vandalism, are down 35 percent.

Like any City, we are not immune to crime or a rash of specific issues from time to time or even year-to-year, but the unmistakable trend is going in the right direction.

Our Fire Department this year for the 1st time in more than a decade deployed its technical rescue vehicle, Rescue 1, on a full-time basis thanks to gradual increases in training, funding and manpower. Firefighting today is about so much more than protecting life and property during a fire: There isn't any kind of major incident imaginable that our firefighters would not be called upon. Rescue 1 is an important tool for the Department and an important resource for our residents during any emergency

These are the kinds of tools that we must continue to provide our first-responders, and we must continue to work to improve how we respond to emergencies. That's why we took a fresh look how emergency medical services were provided by the City, and entered into a new contract with Brewster Ambulance in 2015. The new contract included provisions for more ambulances, new outreach programs, and the capability of ambulances equipped with 4-wheel drive to navigate the City during inclement weather conditions. I am proud to report that today, the average emergency medical response time has improved by more than 1 minute to under 5 minutes. In an emergency, that minute can be vital, and I am proud of the difference our first responders are making in the lives of our residents in their time of need.

This community stood as a national leader on opiate abuse prevention before it was a national issue, and our work is far from done. Hundreds of lives have been saved by our first responders with our first-in-the-nation overdose reversal program; families have more treatment options today than when we started; and our Substance Abuse Task Force has created a model for community-wide prevention efforts. This year, with the City's first full-time substance abuse prevention coordinator now working directly out of our office, we will continue to expand our outreach, prevention and interdiction efforts. Results of our work are not easily tangible as this disease continues to spread throughout our Country, but we are making a difference.

While we continue to invest in our school system and public safety departments, we must continue our focus on restoring, replacing and enhancing the infrastructure that makes our Community work day-to-day. For too long, our public buildings, our underground water lines, our seawalls and our roads were left to crumble. In the last 5 years, we've replaced miles of water pipes that were more than a century old. We've fixed failing seawalls, improved flood control and we've replaced thousands of linear feet of sewer lines, sidewalks and roadways. It's not enough, and we'll continue to move forward with aggressive financing for capital projects that will only save us money in the long run. These are not projects we can defer.

Wall Street is increasingly bullish on the City's financial position, providing the City with the best bond rating it has ever had and highlighting quote " a very strong economy, strong budgetary performance, and strong management" end quote. With interest rates still relatively low and overall debt less than 6 percent of total spending, now is the time to continue moving forward with these priorities.

We will also submit to the City Council this year a comprehensive Park improvement plan that will not cost our taxpayers a dime. The City's economic growth has created substantial available revenue in our hotel room tax fund – a surcharge paid by visitors to the City. The new revenues will free up enough financing for the completion of the next phase of the Hancock-Adams Green, the first steps in a transformational improvement at Merrymount Park; the City's first dog park, projects at parks across the City, and a citywide tree planting program.

Our parks have always set this community aside from other cities and towns, and quite frankly so do the cultural and recreational programs that add so much to our quality of life. Thousands of our young people take to our parks every year in the dozens of programs offered by the Recreation Department – making it one of the most utilized and most active in the entire state. The same is true for our thriving Kennedy Center for seniors, where more than 5,000 seniors now enjoy new friendship and a long litany of programs. Our expanded transportation program taking seniors to doctor's visits and other appointments makes more than 200 trips every week – that's a service that a lot of cities doesn't

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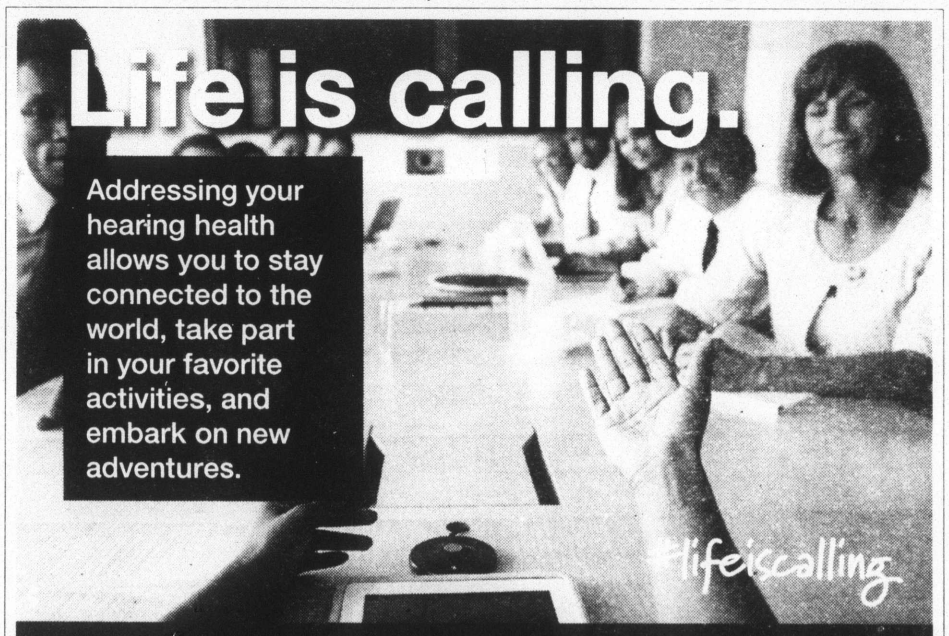

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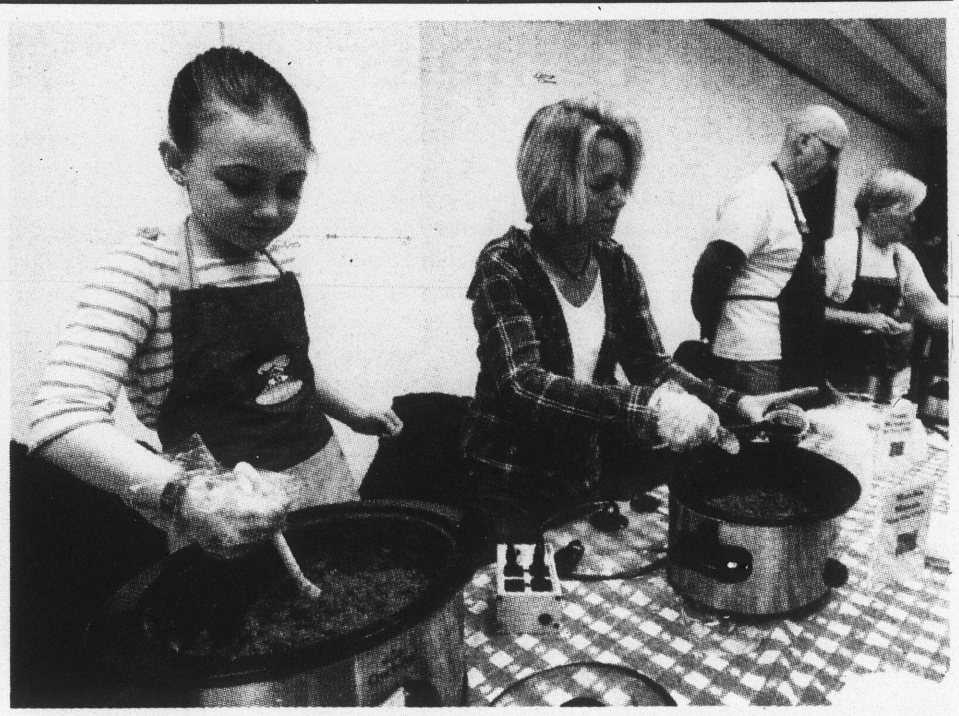
NICK CERONE, Alex Galligan-Kuntupis and Preston Cavin serve up their chili at the annual Houghs Neck Congregatioal Church Chili Cook-off. Alex and Nick placed third.



DARIAN HOCKNEY, 7, and her aunt, Martha Missale came from Vermont with their chili.

Quincy Sun photos/Tom Gorman

Pros, Amateurs Compete At Houghs Neck Chili Cook-Off

By TOM GORMAN

More than 20 professional and amateur cooks competed for the title of "Quincy's Champion Chili" during the 8th annual Chili Bowl Cook-off at the Houghs Neck Congregational Church on Saturday.

More than 300 people sampled various recipes of chili during the afternoon and marked ballots to vote for their favorite. Each participant brought three gallons of prepared chili and attendees brought their appetites. The event was a fundraiser for the church.

Jim Liebelt won the individual category, Padraic Shanley placed second, and Alex Galligan-Kuntupis and partner, Nick Cerone, both 10-years-old, won third place.

In the restaurant division, Coops Bar & Grille was top vote getter, Louis Restaurant finished second and Jaime's Catering was third.

Liebelt won with his "Harvey's Backdraught Steak Chili."

THE WINNER of the Houghs Neck Congregational Church Chili Cook-off, Jim Liebelt and his wife, Jenny, pose with his "Backdraught Steak Chili."

DAVID DINDY and his wife, Mamak, sample the chili.

"I name my chili," he said.

In addition to Nick, Alex, who won last year's contest, was also joined by Preston Cavin, 11, this year to help dish out the chili. All three are Atherton Hough School students.

Alex said he added a special ingredient this year to his recipe.

"We added semi-sweet baker's chocolate, my mom's secret ingredient," said Alex, adding, "Now all the newspaper readers are going to know."

Darian Hockney, 7, and her aunt, Martha Missale, drove to Quincy all the way from Vernon, Vermont with their homemade chili.

"I was lucky to make it down here without it spilling in my car," said Martha.

She explained her chili is low fat, made with turkey, two types of beans, cumin and coriander

Darian used her father's chili recipe for her entry.

"My dad makes a really, really good chili," she said. "My mom says she loves it."

Darian said eight pounds of meat, four peppers, some celery and some beans went into the concoction.

Dottie Farnsworth prepared her chili from the recipe of her late mother, Aida, who passed away 12 years ago.

"She taught me the recipe and taught it to my children," said Dottie. "We have it at least once a month. It's very bland, very basic. Everybody loves Aida's chili."

Coops chef Joe Cushing, five-time defending Chili Bowl Cook-off champion, said he uses hamburger and pork sausage as the base for his chili.

Cont'd On Page 17

Houghs Neck Chili Cook-Off

Cont'd From Page 16

"It's not as liquidy as the others," he said. "We top it over nachos and use it for bread bowls. We sell a lot of it. I make about 40 gallons a week."

This was Kim Craig's first time entering her chili at the cook-off.

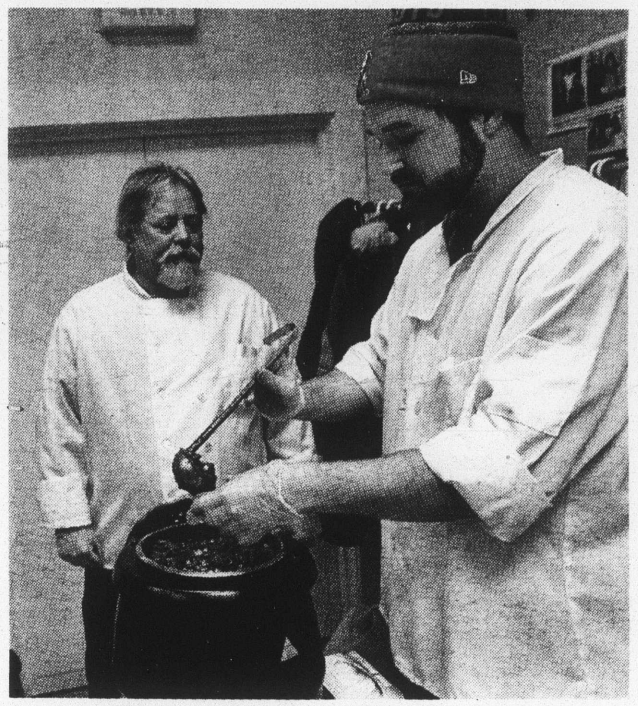
"I think my chili is a little different than everybody else's," she said. "I put cinnamon and chocolate in it and use a beef shoulder. People seem to like it."

Nathan Hubley and Chris Fournier of Boy Scout Troop 6 of Houghs Neck teamed up to prepare their chili. They used a slightly altered recipe of Nathan's mom's – school committee member Kathryn Hubley.

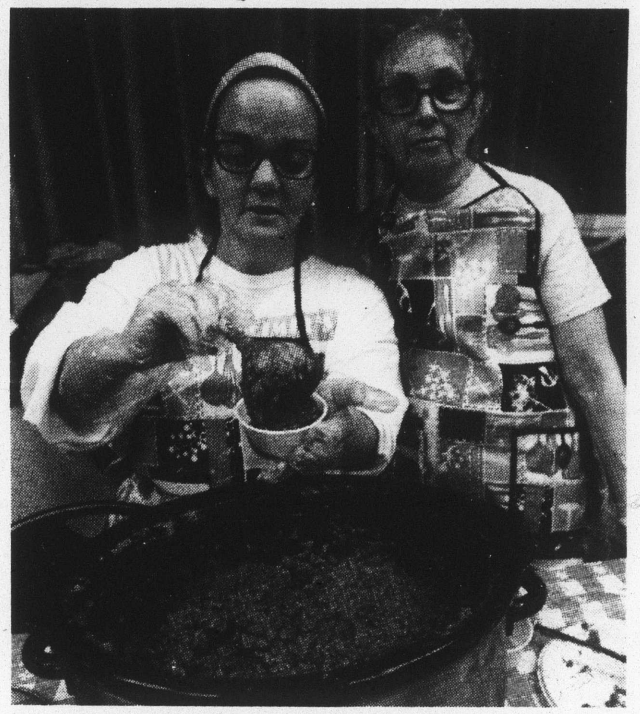
"Nathan's mom had a recipe, so we decided to go with that, change a little tiny bit and make this," said Chris.

Houghs Neck Congregational Church member and chili bowl coordinator Pam Craig said each attendee pays $5 to sample the chili. She noted the event gets bigger and bigger every year.

"Everybody donates the chili and the neighborhood comes," she said. "It's awesome. It's nice to have this in the winter. For $5, how can you beat that?"

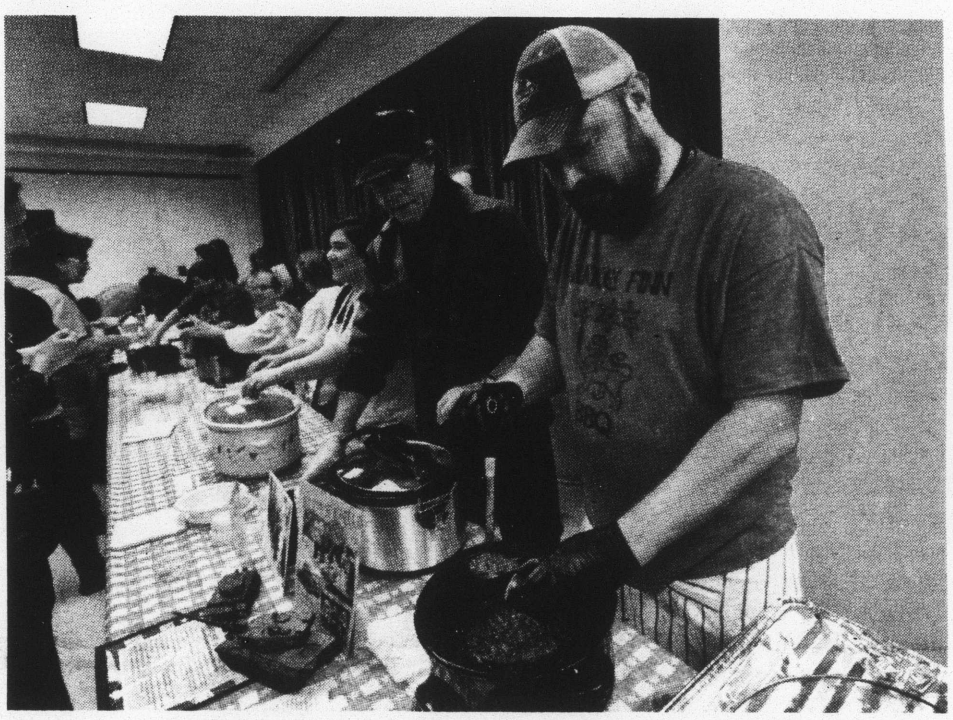


COOPS BAR & Grille's Joe Cushing, left, and Will Spang serve samples of their chili. The restaurant placed first in the restaurant category. *Quincy Sun photos/Tom Gorman*



DOTTIE FARNSWORTH and Beverly Thomas prepare samples of their chili at last Saturday's Houghs Neck Chili-Bowl Cook-Off.

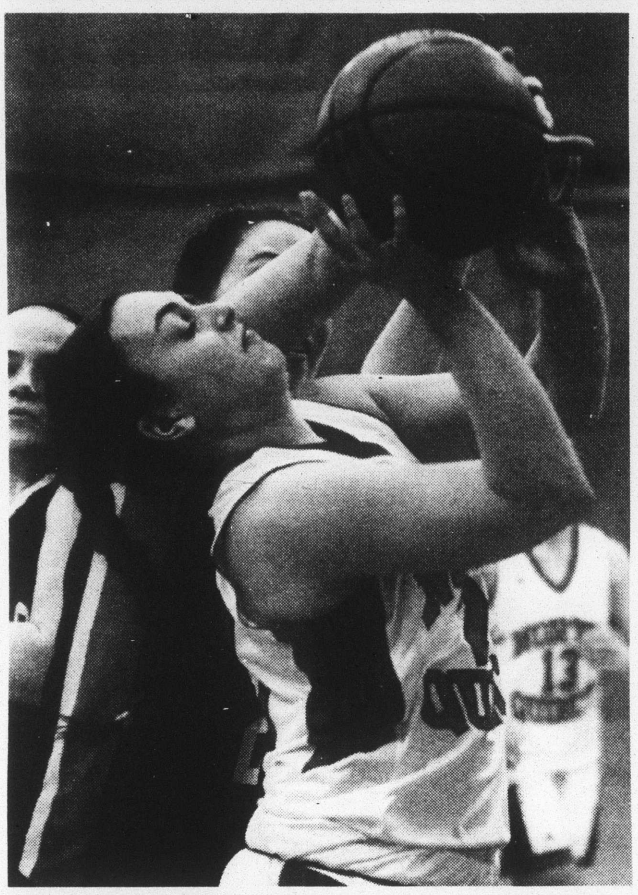
Kim Craig was a first-time competitor at the chili cook-off.



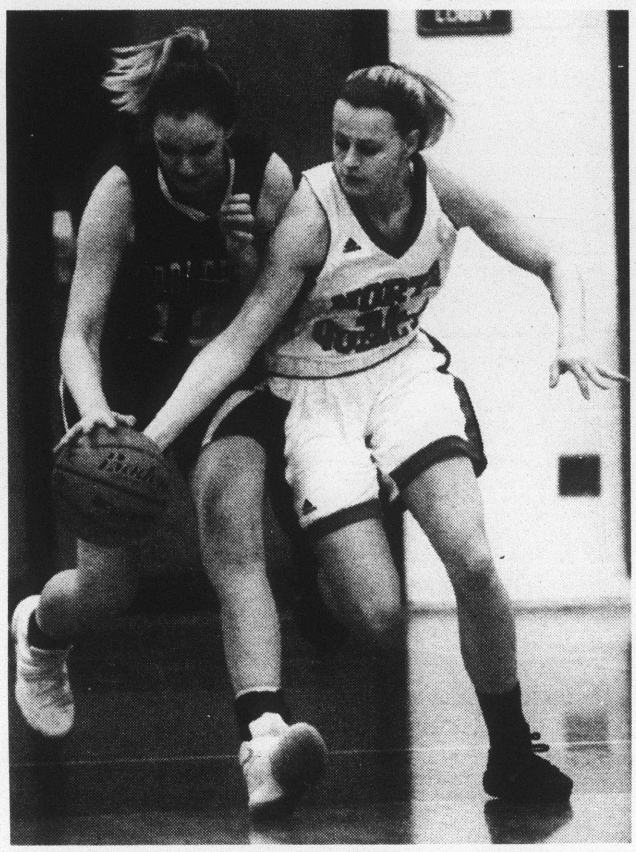
PADRAIC SHANLEY, right, placed second in the chlli cook-off.

MARTHA MITCHELL came from Hingham to sample the chili.

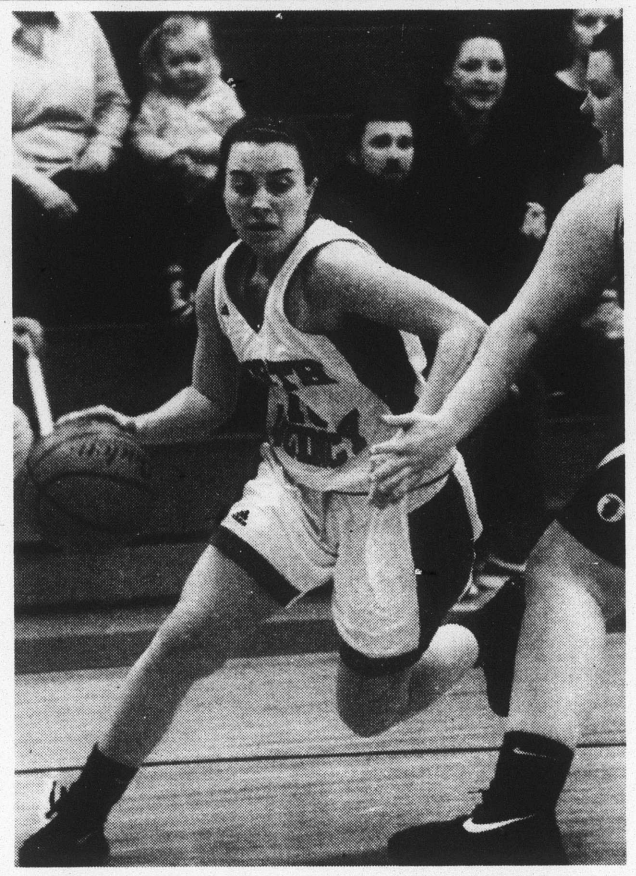
SUSAN STIMPSON, left, and her mother, Helen Miller, teamed for the chili cook-off.



SENIOR GUARD Karyn McEvoy puts up a shot for the Red Raiders against Middleboro last Friday night. McEvoy scored 4 points in the win. *Quincy Sun Photos/Larry Carchedi*



SENIOR CAPTAIN Remy Aucoin had a strong game on both sides of the court. Here she makes a nice defensive play, stealing the ball from Hannah DeMolles of Middleboro. Aucoin scored a game-high 21 points in North Quincy's 48-37 win.



SENIOR CAPTAIN Kerin Coleman drives to the hoop in the second half of North Quincy's 48-37 victory over Middleboro last Friday night.

Aucoin's 21 Points Lead NQ Girls Over Middleboro

By TOM JOYCE

Playing tough defense makes for a tough basketball team.

This season, strong defensive performances have been a crucial reason why the North Quincy girls' basketball team has been able to enjoy some success this season. They began the week at 6-7.

Their defensive prowess was on display last Thursday when they topped the Middleboro Sachems, 48-37, at home. Specifically, they nulled the prospect of a Sachems comeback, holding them to just six points in the fourth quarter.

In the win, senior captain and center Remy Aucoin led the Red Raiders with 21 points and 18 rebounds. In her sophomore and junior years, she also averaged a double-double per game throughout the season.

"She's a real leader," Red Raiders head coach Paul Bregoli said. "She's a leader in the locker room. She's a leader at practice. She's a very intense young lady who wants to qualify for the tournament."

Aucoin dropped 11 points in the second quarter alone. When speaking about that same quarter, Bregoli said sophomore guard Samantha Smith's two baskets were crucial in the team's second quarter scoring explosion.

Bregoli also said sophomore forward Mary Kate McAleavey stepped up in the win. She started in place of Jenn Butka, who was held out for most of the contest as she overcomes an ankle injury. Specifically, McAleavey ran the floor well and finished second on the team with 9 points.

Butka did enter the game late for her team because her team had not scored in the fourth quarter, but she ended the scoring drought with a basket.

Throughout the game, senior captain and guard Abbie Koch played tough defense for the Red Raiders.

"That doesn't show up in the score, but she impacted the game on the floor," Bregoli said of Koch. "I've been trying to convince these girls they all contribute something, whether it's in the scorebook or it's something else, because all the little things make the difference."

Bregoli said junior forward Jessie Caldwell and senior guard Karyn McEvoy played well defensively.

Junior forwards Olivia Hussey and Celia Hussey played well for the Red Raiders, coming off the bench.

Bregoli explained what has made his team shine defensively thus far.

"They've got some quickness," he said. "We've really worked on it in practice to be a better defensive team. They work hard. Against Hingham, we kept the dribble-drive in front of us, and we did that a little bit tonight. It makes it difficult for teams to back cut you. They have to set a screen and we handle screens pretty well. For a small team, I thought we did a nice job boxing out. We're also on the ground for loose balls a lot."

Even so, they did not show up the first day and excel defensively. Bregoli notes he has been pleased with his team's progress thus far.

"We've gotten better and better every week," he said. "We're not the same team we were at the beginning of the season. I've thrown a lot at them and coaching is teaching. Some kids absorb it right away and others take longer to process it and for it to translate on the floor.

NQHS junior guard Jill Hallisey drives past Lauren Empey of Middleboro in the fourth quarter last Friday night. Jill finished the game with 6 points and several assists.

"The frustrating part for me is they know it," he added. "Sometimes, the execution just gets skewed and it leads to bad result."

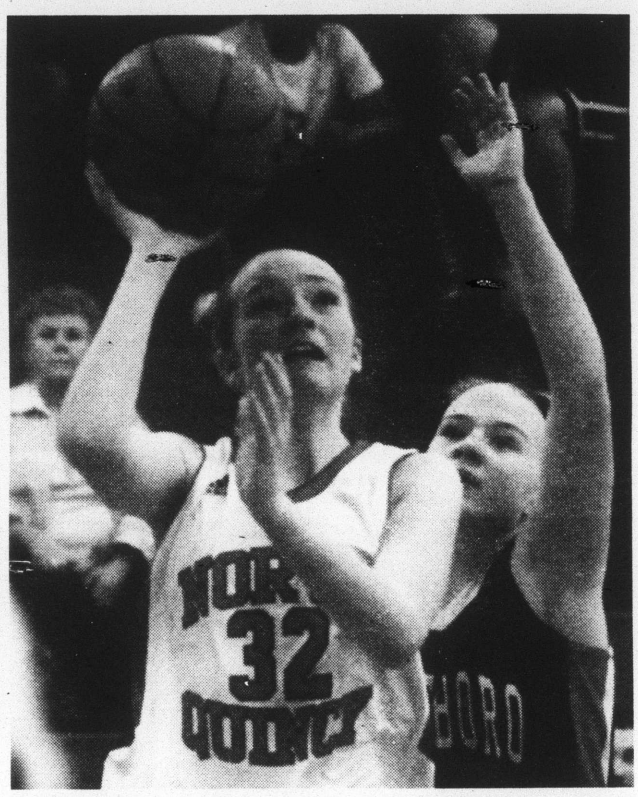
With another win or two in the next week, Bregoli said he would consider his team in tournament contention.

"We're certainly not out of it," he said. "That was our goal when we first started: to have an opportunity to play in the tournament at the end of the year. If we continue to work hard and continue to make some progress, I think we'll be OK."

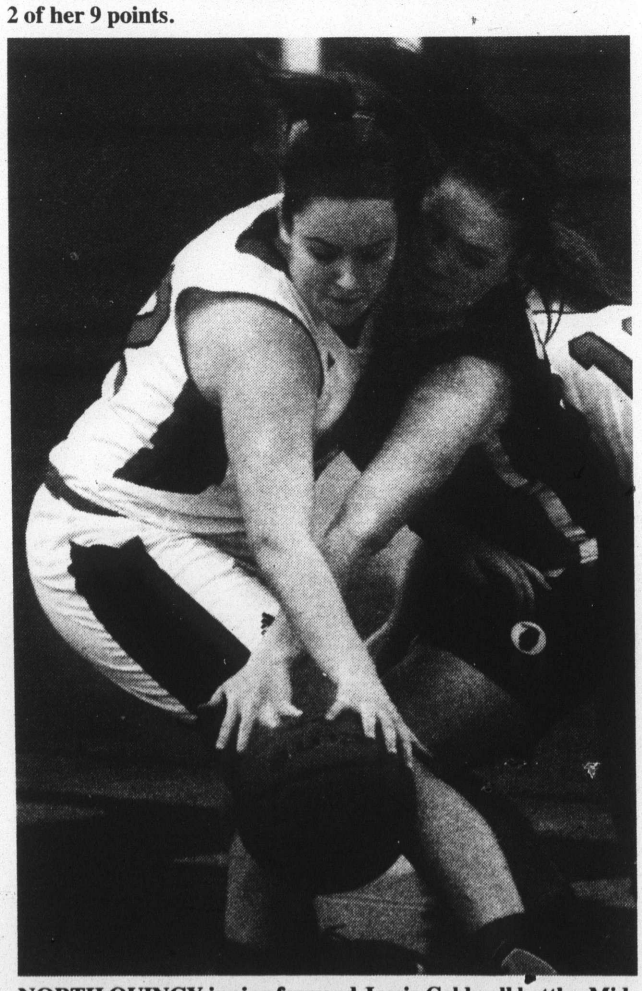
The team traveled to Hingham to take on the second place team in the Keenan Division Jan. 24. Although they came up short, North proved they could hang with the league's best on any given night.

Sporting one of the league's top players in Hailey Blasetti, who is being recruited by Division I colleges, the Raiders held her to 10 points. North's senior captain Kerin Coleman did a great job of containing Blasetti all night. while North's defense held Hingham to a season low 41 points, North could only manage to put up 22.

The Raiders held Hingham to 5 points in the first quarter and trailed at halftime 15-9. A Jessie Caldwell bucket on North's first possession of the second half made it 15-11. But this is where the Red and Black went ice cold, managing only 11 points the rest of the game. once again, North got a great effort from Remy Aucoin who had 14 points, 16 rebounds and 5 blocked shots. Coleman finished with 6. Also playing well was Samantha Smith and Celia and Olivia Hussey.



SOPHOMORE FORWARD Mary Kate McAleavey drives past Middleboro's Samantha Crowley in the third quarter for 2 of her 9 points.



NORTH QUINCY junior forward Jessie Caldwell battles Middleboro's Mikayla Houlihan for the loose ball.

Presidents Down Hingham, Qualify For Tournament

Jeff Petithomme's 20 Points Powers Quincy To 10th Win

By JOE REARDON

Hingham must have left the Quincy High gym last Friday night feeling a tad bit shell-shocked as the Presidents got back into its scoring mode with a convincing 70-51 win over the Harbormen in a critical Patriot League showdown the Presidents absolutely had to have.

The victory marked the second time this season where the Presidents absolutely annihalated Hingham from three-point territory and were white hot putting the ball in the basket. Even more importantly, the victory improved Quincy's record to 10-3 on the season (7-3 in the Patriot League) and punched the Presidents' ticket to the postseason in what Quincy head coach David Parry saw as a must-win situation for his squad.

Parry knows just how tough it is making the tournament out of the Patriot League. "Our league is so tough," he said. "These guys (Hingham) are tough. Every team on any night can be tough. I told them to stay in contention for the league we had to win tonight."

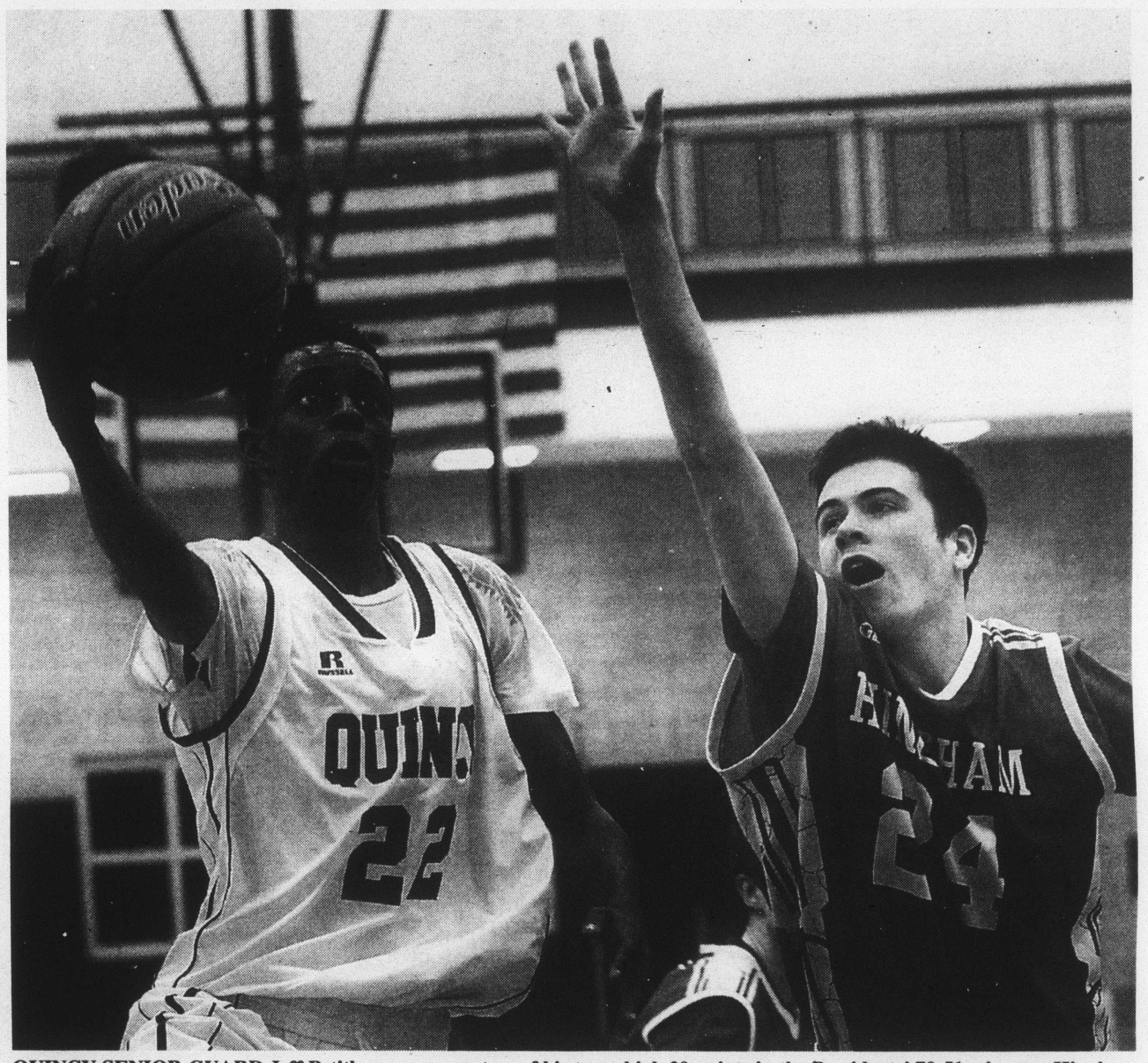
The Presidents couldn't be stopped in the teams' first meeting as they hit a whopping 16 of 24 from three-point land for 48 points. Parry has found the best way for his players to break out of a slump is to keep attacking the basket.

"We actually shot incredibly well the first time," said Parry. "We were out of the stratosphere. We've been struggling up until tonight and we kind of broke out of it a little bit. We needed it. We needed to have all of our weapons out there.

"Whatever we do in practice we try to make it as game-like as possible. You have to shoot your way out of it. You have to let them know you're confident and you let them keep shooting. They have to know that the head coach knows they can do the job."

Jeff Petithomme was back in form, leading Quincy with 20 points. Ugo Kamalu added 14 points and Damyan Markov added 12 points.

Quincy took a five-point lead, where Hingham still had life, and proceeded to put the contest away with an impressive 17-6 surge to open the fourth. Petithomme made good on a pair of three-point attempts and Kamalu had five points during the run. The fact that Hingham went on a scoring drought didn't help its cause. The Harbormen's first points didn't come until Conall Mannion hit a pair of free throws with 3:53 left in the quarter with Quincy up, 56-47. By the time Kamalu put down a free throw with 1:30 left, Quincy had the game all but won at 67-49.



QUINCY SENIOR GUARD Jeff Petithomme scores two of his team-high 20 points in the Presidents' 70-51 win over Hingham Friday night. The victory snapped a two-game losing skid for Quincy and notched the Presidents' 10th win on the season.

Quincy Sun Photos/Robert Bosworth

Tied at 17 after the first quarter Quincy took it to Hingham in the paint with consecutive inside baskets from Petithomme, Markov and Kyle Murphy during a 9-0 run that put the Presidents up 28-22.

The Harbormen stormed right back to take the lead behind a three-point play by John Gates (12 points) and a shot from beyond the arc by Joe Dion to make it a 28-27 contest. That was the last lead the Harbormen would have as Quincy's shooting began to heat up. Melvin Gonzalez drained a three for a 31-28 President lead. The teams traded three-pointers as the half wound to a close with Petithomme knocking down a pair and Ryan Cahoon hitting long baskets. Markov hit a pair of free throws and the Presidents went to the locker room with a 39-36 halftime advantage.

Hingham's big inside threat, Logan Larsen (15 points), came alive in the

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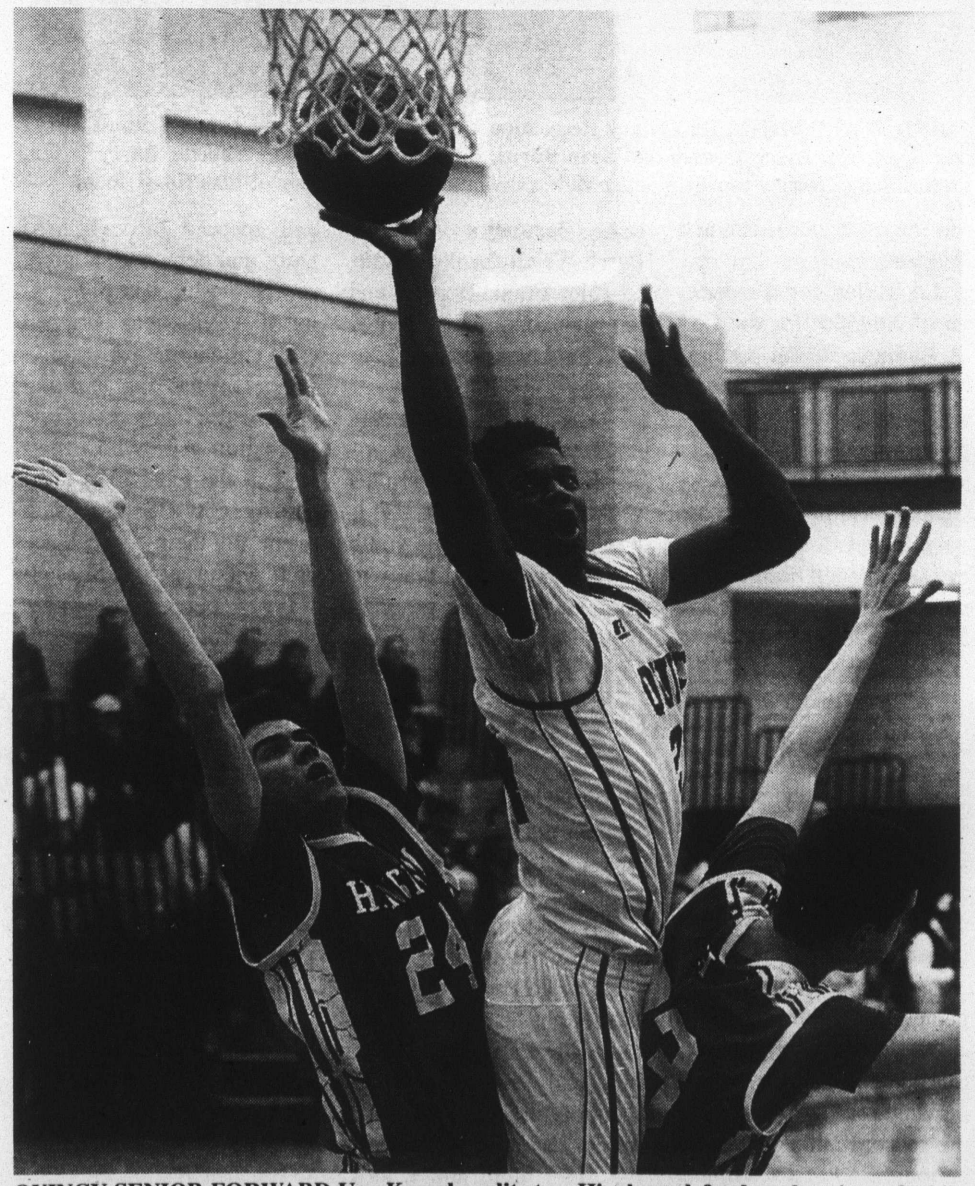
More Photos online: www.TheQuincySun.com (galleries)



QUINCY SENIOR FORWARD Ugo Kamalu splits two Hingham defenders drawing a foul in the Presidents' 70-51 win over Hingham Friday night. Kamalu scored 14 points in the victory

QUINCY DEFENDERS Jeff Petithomme (left) and Melvin Gonzalez (right) deny Hinghman guard Ryan Cahoon who is sandwiched enroute to the basket.

FIRST PLACE WINNERS Quincy Recreation Department Elks Free Throw Contest. Front row (from left) Lola Kelly, Kevin Gillespie and Mary Saccoach. Back row: Recreation Director Barry Welch, Michael Potter, Kyle DeBoer, Aiobhe Gormley and Ed Miller, chairman, Quincy Lodge of Elks Hoop Shot. *Photos Courtesy Quincy Recreation Department*

SECOND PLACE WINNERS Quincy Recreation Department Elks Free Throw Contest. Front row (from left) Emmett Allen, Ella Roche and Grace Hottelman. Back row: Recreation Director Barry Welch, Paul Glynn, Myra Qasim and Ed Miller, Quincy Lodge of Elks Hoop Shoot chairman.

Elks, Recreation Dept. Hold Free Throw Contest

The Quincy Lodge of Elks 943 and the Quincy Recreation Department announce six boys and girls have won the City of Quincy Championship of the Elks National Hoop Shoot free throw shooting contest.

Lola Kelly, Kevin Gillespie, Mary Saccoach, Kyle DeBoer, Aiobhe Gormley, and Michael Potter will now be eligible to advance and represent Quincy at the District level competition to be held in Marshfield.

DeBoer is a repeat winner and is making his second trip to the regional finals.

The Elks National Hoop Shoot is a free contest for youth ages 8 to 13. The program is free to all participants and has over a million youngsters compete nationwide each year. In Quincy the event starts with a preliminary round in local neighborhood recreation programs under the supervision of the recreation department. The neighborhood winners then advance to the city championship. The city champions were crowned at the competition held on Dec. 30th at Atlantic Middle School.

The District champions advance through to state and regional contests that result in the National Finals held April 20 – 23rd in Chicago, Illinois. At all levels of the event contestants shoot 25 shots for score. Age categories for boys and girls are 8/9, 10/11, 12/13.

In second place at the City Championship were Grace Hottelmann, Emmett Allen, Ella Roche, Paul Glynn, and Myra Qasim. The third place finishers were Dylan Powers, Jessica Binene, Sean Burns, and Lillian Hanly.

Gym championship trophies and medals were awarded to Salma Oubtrou, Izzy Picarski, Christine Ong, Zhalya Leggett, Eva Huang, Violette Ingram, Patrick Clifford, Noah Amorim, Eugene Foong, Joe Kilduff, Evan Walsh, Tim Long, Gavin Brown, Ronan Brown, Kira Zlatanova, Erin Garvin, Cassidy Plante, Piper Henderson, Jialin Yu, Alanagh Walsh, Maddy Case, Eva Picarski, Mollie Smith Gaeta, Kathy Duong, Thomas Mei, Ali Goutay, Manuel Perez, Sinou Zhu, Kenny Guan, Seany Toland, Oscar Castro, Gavin Regan, Jack Reilly, Chase Gillespie, Luke Mordas, Leo Lombardi, Matt Foley Karef Grant, Sam Majjar, Leah Forte, Adrianna Moosick, Jessica Lustig, Maura Hays, Stephanie Huang, Anthony Samuels, Patrick McDonald, Jason He, Carson Douglas, Gavin Toland, Dylan Green, Joe Manton, and Emmett Bandzak.

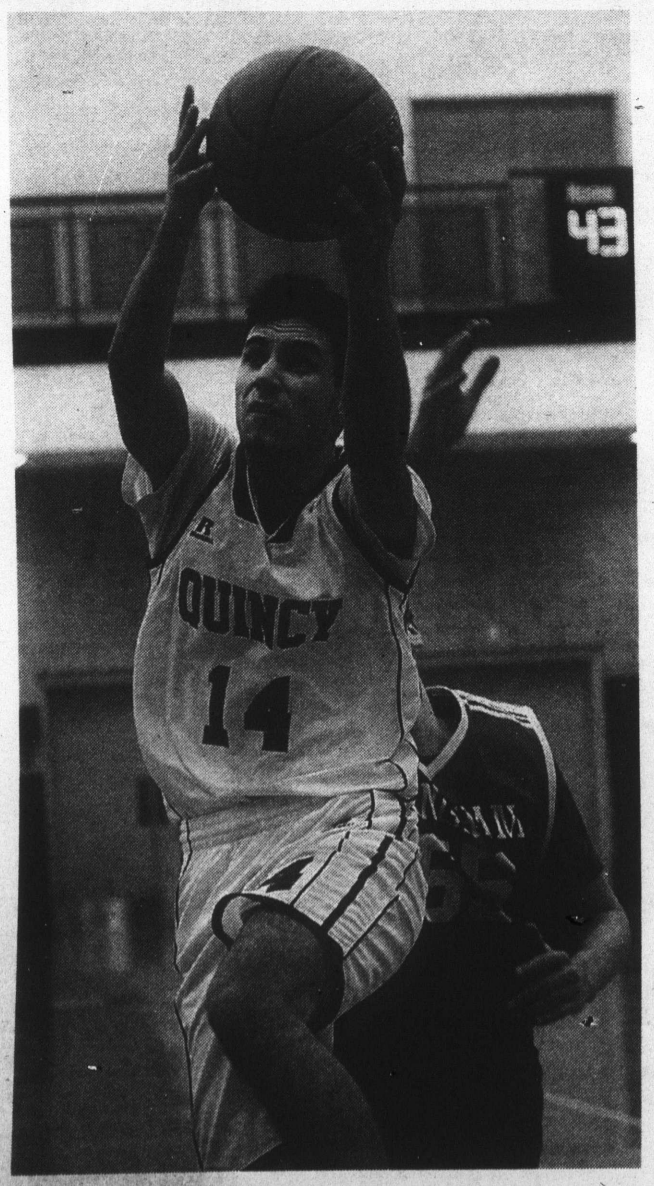
THIRD PLACE WINNERS Quincy Recreation Department Elks Free Throw Contest. Front row (from left) Dylan Powers and Sean Burns. Back row: Recreation Director Barry Welch, Lillian Hanly, Jessica Binene and Ed Miller, chairman, Quincy Lodge of Elks Hoop Shoot.

Ed Miller, former director of Athletics for the City of Quincy, is the Quincy Lodge Hoop Shoot Director and he presented trophies provided by the Elks to all participants at the City Championship. Miller has volunteered to be the Quincy Lodge Hoop Shoot chairman for more that 30 years.

At the trophy presentation, Recreation Director Barry Welch thanked exalted ruler Frank Bertoni and the members of the Quincy Elks for their continued generosity.

"The Quincy Lodge and its members have supported this event for 30-plus years," Welch Welch. "This program provides the youth of Quincy an opportunity to compete in a free program that allows them to connect, and succeed through hard work and demonstrate great sportsmanship. The generosity of the Elks has enriched each child in the program."

Welch also thanked and praised the members of the recreation staff who officiated at the local gym level and the City Championship event for their competence and enthusiasm while always encouraging the youth to have fun at each level of the program.



QUINCY JUNIOR FORWARD Damyan Markov lays in two of his 14 points in Friday night's 70-51 win over Hingham. *Quincy Sun Photo/Robert Bosworth*

Presidents Qualify For Tournament

Cont'd From Page 19

third and torched Quincy with seven points and the Harbormen stayed within striking distance of the Presidents through the quarter. Another Petithomme three-pointer with 2:27 remaining in the third gave Quincy its biggest lead, 48-42, but a free throw by Larsen and Jason Butler's layup brought the Harbormen to within three. Petithomme's layup at the end of the quarter stretched Quincy's advantage to five, 50-45, before the Presidents punched out Hingham with a devastating fourth.

With a week until its next game, the Presidents had the chance to regroup and try to gather some momentum moving forward. And with the season half gone it can be tough to keep a winning streak going into the tournament against the likes of Silver Lake, Duxbury and Whitman-Hanson.

"It's extremely tough (to maintain) with the young guys," said Parry. "I honestly thought last week we hit the wall. We're tired. We're physically drained and we're mentally drained. We had a tough loss to Hanover here the other night and it took its toll. We lightened it up on Wednesday. We shot and we talked a lot. Last night I thought we had the best practice of the season and I think it flowed over into tonight. We have some kids with nagging injuries, nothing serious. I'm going to give them a couple of days off and hopefully we come back a little more fresh."

QNQ's Riley McLaughlin Nets 100th Career Point

By TOM JOYCE

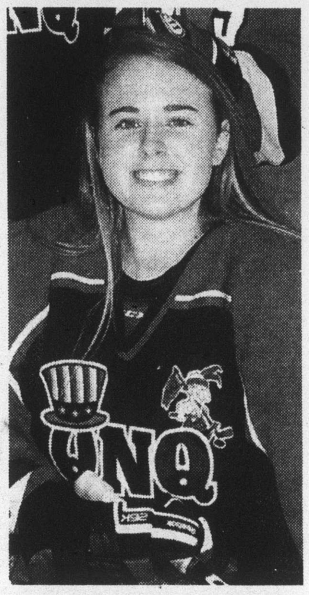
Doctors told Quincy/North Quincy hockey player Riley McLaughlin her ACL tear and meniscus tear would require nine months to heal.

Instead, McLaughlin, who got injured during lacrosse season last year, was back in five months and last Saturday she notched her 100th career point for the Quincy/North Quincy girls' hockey. It was her team's lone goal in a 5-1 loss to Braintree.

"I didn't actually think I would get it against Braintree because I've heard a lot about how good they are, but it was amazing," she said. "It was the best feeling."

Despite it being a road game, McLaughlin received a loud ovation from Quincy fans after scoring the goal. And the fans were not the only excited ones.

"It's huge to have some-



RILEY McLAUGHLIN

one like her on our team," head coach Jeff Craig said. "I know she was super excited and I heard one of the kids on the bench say they were going to cry. It's good. It adds some legitimacy to our program. It's part of playing hockey in a program and it should be like that. She's been huge for us. It's big for us to have someone who can hit that plateau."

McLaughlin is believed to be the first Quincy high school girls hockey player to reach 100 points in a career.

Through 11 games this season, McLaughlin had amassed 23 points on 17 goals and six assists.

"She just didn't miss a beat when she came back," Craig said. "She put in so much work over the summer. It was amazing. I almost forget she had such a devastating injury."

In order to recover from such a major injury as quick as she did, McLaughlin did everything she was asked -- and more.

"I went to physical therapy every day," she said. "I worked hard everyday and just kept shooting in my driveway. I just never gave up."

CONGRATULATIONS, RILEY! - Quincy/North Quincy High School hockey sensation Riley McLaughlin holds up a sign congratulating her after scoring her 100th career point against Braintree last Saturday. *Photo Courtesy Q/NQ Hockey*

Q/NQ Girls Hockey On Track For Tournament

By TOM JOYCE

The Quincy/North Quincy girls hockey team might have made the playoffs for the first time in team history last season but now, they are trying to make it a regular occurrence.

In his second year as the team's head coach, Jeff Craig is pleased with the direction his team is at headed into the second half of the season.

"We still have half the season left and we're on track for the tournament," Craig said. "It's a great group of kids. They work hard. They fight. When we get down, they keep working. I'm looking forward to things going forward with this team.

"All of our losses have been against strong teams," he added. "We're playing some really good competition, so hopefully it helps us figure things out and when we get to the end of the season, we'll know how to handle certain teams with some firepower."

At the moment, a playoff spot is more than feasible. The team started the week at 6-4-1 and had averaged more than five goals per game this season (58 goals in 11 games).

Offensively, the team has shown outbursts scoring more than 10 goals in a game three times this season. Their defense has also been a major point of focus.

Last Saturday, the co-op fell, 5-1, to Braintree on the road. While five goals might seem like a lot, the co-op had a few unfortunate bounces go against them. Overall though, Jeff Craig could not be disappointed with the way his team played.

"We knew we were playing a good team, coming into this one," Craig said. "We moved a few things around defensively because the last two times we played particularly strong teams, we gave up too many chances. So we came into this one with a different game plan for one of our lines and I was actually happy defensively.

"We didn't let up any wide open chances or anything like that," he added. "We just got some bad luck around the net. The game was a lot closer than the score."

One specific issue the team has dealt with this season is their depth, or lack of it. Typically, they skate two lines of forwards and two defensive pairings. Braintree had more depth, skating four lines on offense.

Defensively, sophomore Meghan Greene has excelled for the co-op all season and Craig said she might have given the team her best performance to date against Braintree. Senior captain and forward Kate McGahey played her first career game on defense and played it well.

"She fits in back there seamlessly," Craig said. "She's just such a good athlete and an all-around good player. She was a big help back there so from here on out, we'll see where we go with it."

Craig's reasoning for trying McGahey out on defense was simple: one week prior they allowed eight goals to a pair of strong opponents, Whitman-Hanson/Silver Lake and Cohasset/Hanover.

"It wasn't so much the scores in those ones but the wide open chances we had given them," he said. "We needed to do something to clog up the down low a little bit more and make it difficult for people to maneuver."

Craig also said the move provides his team with more depth on defense and gives them another sound puck-handling option back there.

In the loss to Braintree, senior forward Riley McGlaughlin netted the team's lone goal. It was her 100th career point.

Eliza McDonald On Dean's List At Saint Michael's College

Eliza G. McDonald of Quincy, a senior biology major, has been named to the Dean's List for the fall semester at Saint Michael's College in Colchester, VT.

She is the daughter of Nancy and Timothy McDonald of Quincy, and a graduate of Fontbonne Academy.

Q/NQ Boys Swim Team Wins Third Straight

The Quincy/North Quincy boys swim team (4-4) won its third straight meet Jan. 26 defeating Silver Lake Regional, 68-40, at the Lincoln-Hancock Pool in Quincy. The visitors downed North Quincy (1-6) 55-34 and Quincy (1-6) 60-41.

QNQ was victorious in its first six events capturing the top-two spots four times.

In both of the individual events that sophomore Kenny Ng (NQ) swam, QNQ completed a sweep. Ng clocked 25.72 in the 50-yard freestyle followed by freshman Stanley Chen (NQ) at 27.10 and sophomore Guilherme Eller (Q) at 27.28. Sophomore Adam Tlacxolal (NQ) at 1:01.66 and Thomas Tran (Q) bolstered Ng's effort of 1:00.75 in twice the distance. Ng also participated in two winning relays. He joined Chen, senior captain Jian -Kun Zhang, and Tran to clock 2:02.15 in the 200 medley relay then combined forces with Tran, sophomore Kevin Warner (Q) and Zhang for 1:48.25 in the 200 freestyle relay. Warner's times of 2:17.45 in the 200 freestyle and 6:27.35 in the 500 freestyle paced the field.

Zhang cruised to wins in the 100 breaststroke (1:04.97) and the 200 individual medley (2:20.72). Freshman Brendon Lee (NQ) set the pace in the 100 backstroke and joined sophomore Jason Chen (NQ), Stanley Chen, and Tlacxolal to win the 400 freestyle relay (4:45.47).

Quincy girls senior Bailee Carey won the one-meter dive competition accumulating 273.23 points. She earned a nine on her first dive, a back dive, straight position and did not score below six, and senior Madison Synan earned second amassing 164.63 points.

Carey also won the 50 freestyle (28.13) and the 200 freestyle relay (2:01.19) along with senior Emilia Kapcia, sophomore Eni Daci, and freshman Alison Cahill. She placed second in the 200 medley relay (2:00.23) just eight one-hundredths of a second off the pace when she was joined by senior Kayla Ahrens, junior Tammy Ma, and junior Kat Casey. Meriting silver were Kapcia in the 200 freestyle (2:35.33), Cahill in the 100 free (1:08.54), Ahrens in the 100 backstroke (1:26.66) and Ma in the 100 breaststroke (1:27.41).

For North Quincy, sophomore Juliana Chieng won the 50 freestyle (26.89) and the 200 freestyle relay (2:12.72) with teammates freshman Amanda Powers, junior Fiona Xu, and senior captain Danielle O'Driscoll. Chieng joined junior Ina Hoti and senior captains Stephanie MacFarland and Danielle O'Driscoll to earn second in the 200 medley relay (2:24.65). Ina Hoti placed second in the 100 backstroke (1:22.72) and third in the 100 butterfly (1:30.00).

In other action, the Quincy/North Quincy boys swim team (3-4) led out of the gates en route to a 86-73 victory over visiting Cohasset Jan. 24 at the Lincoln-Hancock Pool. The Cohasset girls earned the 80-71 advantage over North Quincy (1-5).

In the meet's very first event, the QNQ 200-yard medley relay contingent of freshman Stanley Chen (NQ), senior captain Jian Kun Zhang (NQ), senior Thomas Tran (Q) and sophomore Kenny Ng (NQ) paced the field clocking 1:57.06. Sophomores Kevin Warner (Q) and Adam Tlacxolal (NQ) finished one-two in the next event, the 200 freestyle; and two events later, Warner collected second in the 50 free (25.91). Warner also swam the second leg of the 200 freestyle relay with Tran, Ng and Zhang that finished first (1:46.16) then joined Chen, Tran, and Zhang for second in the 400 freestyle relay just out touched at the end (3:55.68) by the visitors. Zhang won the 100-yard freestyle swimming 52.53, and Tran earned second in the 200 individual medley (2:27.98). Sophomore Guilherme Eller and junior Daniel Wong swam the two most grueling events of the meet finishing second and third in both of them. In the 100 butterfly, Eller swam 1:20.63 to Wong's 1:20.59 then Eller competed

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SIX NEW MEMBERS were recently inducted into the Quincy High School Hockey Hall of Fame at a ceremony attended by 150 guests at the Quincy Sons of Italy. Also inducted was a Special Friend awarded to Bob Hayes, founder and teacher of Quincy Youth Hockey. After a delicious meal prepared by Anthony Columbus, seven heartfelt acceptance speeches captured the attention of all in attendance. Inducted were: Michael Nevins '82, Bobby Hall '98, Bobby Harvey '98, Scott Mattson '00, Billy McKeon '02 , Joshua Giordani '04, and Bob Hayes (Special Friend). Front row (from left) Doreen Hayward accepting for Bob Hayes; Bobby Hall, Bob Harvey and grandson Bob Jr. accepting for Bobby Harvey; and Joshua Giordani. Back row: Denise Mattson Puglisi accepting for Scott Mattson, Billy McKeon and Michael Nevins. *Photo Courtesy Dennis Bertoni*

Q/NQ Boys Swim Team Wins Third Straight

Cont'd From Page 21

for the top spot in the 500 freestyle but fell 14 seconds short (6:40.41) while Wong clocked 8:15.63. Earning second was Tlacxolal in the 100 backstroke (1:15.81) and junior Cory Chiu (NQ) in the 100 breaststroke (1:26.69).

For the girls, senior captain Danielle O'Driscoll didn't let a late threat by Cohasset disrupt her as she cruised to the 100 butterfly victory (1:23.48). She also anchored North Quincy's 200 medley relay with junior Ina Hoti, freshman Amaryllis Gu, and sophomore Juliana Chieng that placed second (2:16.93) almost overtaking Cohasset in the final yards. Chieng finished second in the 50 freestyle (26.97), and in twice the distance, junior Julia Klincewicz earned second (1:08.68). Classmates Brenna Kirby and Klincewicz were awarded first (1:31.41) and second (1:38.06), respectively in the 100 backstroke.

Freshman Denise O'Donovan's time of 1:38.62 topped the field in the 100 breaststroke. Chieng, Kirby, Hoti and Gu teamed up for second in the 200 freestyle relay swimming 2:03.87.

Jonathan Toomey On WPI Dean's List

Jonathan Toomey of Quincy has been named to the Dean's List at Worcester Polytechnic Institute (WPI) in Worcester for the fall semester.

Toomey, a member of the Class of 2019, is majoring in mechanical engineering.

New England Patriots vs. Atlanta Falcons Sunday

Recipes For The Big Game Party

By MARIE D'OLIMPIO

Baked Coconut Shrimp With Dipping Sauce

Here is the recipe for a fun appetizer for Sunday's Super Bowl.

We all know how delicious coconut shrimp is. Recently I found a wonderful recipe for baked coconut shrimp which I found to be easier to make than other recipes I have used.

FOR THE SHRIMP

1 pound large shrimp, peeled and deveined
1/3 cup corn starch
1 teaspoon salt
1 teaspoon of cayenne pepper
3 cups of unsweetened shredded coconut
3 egg whites beaten until foamy

FOR THE DIPPING SAUCE:

1 cup of orange marmalade
2 tablespoons of horse radish
2 tablespoons of Dijon mustard

To Prepare: Preheat oven to 400 degrees and line a large baking sheet with parchment paper.

Wisk together corn starch, salt and cayenne pepper in a bowl.

Spread coconut on a dinner plate or on a wide shallow bowl.

Dredge the shrimp in a cornstarch mixture.

Dip in egg whites and then roll shrimp in coconut, patting to coat well.

Transfer shrimp to prepared baking sheet; bake shrimp turning them over when cooked half way through. Bake until cooked through and coconut is browned for about 20 minutes.

To make sauce: Stir together and mix well the marmalade, horse radish and Dijon mustard and serve as a dipping sauce.

P.S If you use shrimp with tails intact they are easier to eat as appetizers.

Buffalo Chicken Dip

My granddaughter, Ellie, was having some friends over recently and I watched her make today's recipe for Buffalo chicken dip. Of course I sampled it before she brought it to her friends. It seems like buffalo flavored everything is so popular these days!

RECIPE

8 ounces of cream cheese
1 cup of blue cheese dressing
1 cup of any hot sauce
4 cups of shredded chicken (about 1 and ½ pounds) and you can use chicken tenders or chicken breast.
1 cup of shredded cheddar cheese

Prepare the chicken any way you like, but Ellie boiled hers. Once cooked let cool, shred and set chicken aside.

In a bowl, soften the cream cheese and mash it down with a fork. Add one cup of blue cheese dressing and 1 cup of the hot sauce, mixing until well blended. Add the shredded chicken and 1/2 cup of the shredded cheese. Mix all together until blended. Place in casserole dish and then top with the other ½ cup of cheese. Bake at 350 for 25 or 30 minutes until top is bubbly and serve with a favorite chip.

Family Favorite Clam Dip Another Fun Super Bowl Snack!

Today's recipe for clam dip has been in our family for years and given to me by my late sister, Gen. It is one of the easiest dips I have ever made. It I this should be made ahead of time so it will be nice and cool and for when guests arrive!

1 pound ricotta cheese
6 ounces of walnuts chopped
1 medium size can of minced clams

In a mixing bowl place the ricotta cheese and mix gently with a fork. Add chopped walnuts and minced clams, without the juice (ricotta cheese is bit watery so make sure to drain the clams as clam juice would make the dip too watery) Mix all three ingredients until well blended. Place in a bowl and refrigerate tightly covered until guests arrive. Serve with favorite chips or crackers.

Enjoy!!
Go PATS

Two On Univ. Of Delaware Dean's List

Two students from Quincy are on the Dean's List at the University of Delaware for the fall semester.

They are:

Lencho Amente and Meredith Flaherty.

Social Security Celebrates Black History Month

By KRISTEN ALBERINO
Social Security Public Affairs Specialist

Throughout the month of February, we honor African Americans by celebrating Black History Month. Created in 1926, this event coincides with the birthdays of Abraham Lincoln on Feb. 12 and Frederick Douglass on Feb. 14. African American communities have celebrated these birthdays together for over a century.

Securing today and tomorrow

Honoring our shared history and reflecting on the past is one way we can remember that in America, we believe in freedom and democracy for all. Another shared belief is that we all deserve a comfortable retirement, free of economic hardship. This is part of securing today and tomorrow.

Social Security has the tools to help you plan for your retirement and to apply for benefits online. We also provide disability benefits to individuals with medical conditions that prevent them from working. If the disabled individual has dependent family members, they can also receive payments.

If you or anyone you know is disabled, they may qualify for disability benefits. Studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching full retirement age. You can see if you meet our strict definition of disabled and apply for disability benefits at www.socialsecurity.gov/disabilityssi/apply.html.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. Social Security helps by providing income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent dies. And Social Security pays more benefits to children than any other federal program. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

Honoring each other begins with fair and equal treatment. Social Security guarantees that, if you pay into the system, you will have the same benefits as everyone else according to your earnings record. This Black History Month, we want to make sure our diverse nation is covered and that no one is left out of the benefits they deserve. We are with you through life's journey. Get to know your Social Security. Visit us at https://www.ssa.gov/people/africanamericans/.

Real Estate

Quincy Real Estate Transactions January 23 - January 27

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Mary E. Lyman	You J. & Yan B. Wu	$500,000.00	65 Kemper Street
Jameson G. & Stacey J. MacDonnell	Amy Joseph	$394,000.00	93 Harvard Street
John M. Moran	Zhi Y. Li	$375,000.00	14 Pope Street
Internal Revenue Service	Zaheer & Aneela Rafiq	$292,000.00	36 Mill Street
Nathan W. Hamlet	Danna J. Clark	$565,000.00	92 Town Hill Street
William J. Farrell	Damien & Kevin Rush; Kerranne Doneghey	$310,000.00	39 Moore Street
Providence Place Properties LLC	Thuy B. Duong & Ha P. Pham	$415,000.00	12 Wesson Avenue
Eric O'Driscoll & Deirde O'Connor	Yihao Chen	$382,800.00	117-119 Beach Street
Jacqueline Almestica	Christopher J. Doherty	$288,000.00	100 Cove Way Unit 709
Mariellen Wettergreen	Difei Hu	$255,000.00	212 Quincy Shore Drive
Yin L. & Ronald A. Cavalier	Jackie Zheng & Mei Chen	$480,000.00	183 Norfolk Street
Siu K.R. Lam & Lily H. Wu	Qian Da	$428,000.00	90 Village Drive Unit 9-9
Frank L. Conti	Jessica K. Gaumgart & Benjamin Houston	$424,500.00	117 West Elm Avenue
HSBC Bank USA National Association	Erion Musaka	$448,604.00	24 Alton Road
Andrew G. & Karen M. Scheele	Di Wu	$359,000.00	46 Village Drive Unit 5-6
Suzanne M. Cutler	Dandan Li & Hui Z. Chen	$164,000.00	133 Commander Shea Blvd. Unit 102
Garfield Street Realty Trust	A.L. II LLC	$600,000.00	91 Garfield Street
Arnold L. Limon	A.L. II LLC	$600,000.00	503 Sea Street
Arnold L. Limon	A.L. II LLC	$600,000.00	14 Arthur Avenue
Guanqun Ma	Ilya Matiach	$264,000.00	165 Quincy Shore Drive Unit C-23
Andre F. Guilherme & Karine Naudo	Tony J. Cho	$265,000.00	33 Keyes Street
Joseph M. & Angela C. McCarthy	Peter Guran & Tuanh Phan	$575,000.00	72 Shelton Road
Bridget T.C. Delange	Cahill 2010 Trust	$960,000.00	46 Heritage Road
Kristin K. & Matthew A. Lundsten	Padmavathi Bhimana	$210,000.00	86 East Howard Street Unit 104
Maureen A. Mahoney Living Trust	Michael Rourke & Shauna Harty	$388,000.00	100 Stedman Street
Kristin M. Stedman & Michael J. Cotter	Anthony Castagnozzi	$329,000.00	100 Marina Drive Unit 319
Nguyen Irrevocable Home Trust	Thanh Viet & Thang Q. Nguyen	$550,000.00	365 Adams Street
Hamilton 1025 LLC	Eagle Eye Property LLC	$282,500.00	1025 Hancock Street Unit 13F
Anna Mazzola	Yanyu Lu	$595,000.00	11 Brigantine Lane Unit 34
Michael & Margarita O'Leary	Paul Keefe & Kevin Bilotas	$409,000.00	100 Marina Drive Unit 116
End Street LLC	A.L. II LLC	$600,000.00	12 Arthur Avenue
Arnold L. Limon	A.L. II LLC	$1,400,000.00	99 Garfield Street

NeighborWorks First-Time Homebuyers Workshop

NeighborWorks Southern Mass. will offer a two-part workshop for first-time homebuyers, to be held Tuesday, Feb. 7 and Thursday, Feb. 9 from 5 to 9 p.m. at the Winter Gardens apartment complex (lower level community room), located at 45 Winter St. in Quincy.

The workshop will give participants an opportunity to meet and hear from real estate brokers, insurance agents, attorneys and loan originators.

Attendees also will have an opportunity to learn about the South Shore Home Consortium's down payment assistance programs, which may provide qualified buyers with up to 9 percent of the purchase price toward their down payment and up to an additional 1 percent toward closing costs on homes purchased in Quincy, Braintree, Weymouth, Holbrook or Milton. Workshop participants will also be able to speak to a lender about different mortgage options.

The registration fee for the workshops is $20 per person. To register and pay online, visit www.nwsoma.org or call Patrice Fong at (617) 770-2227 for more information.

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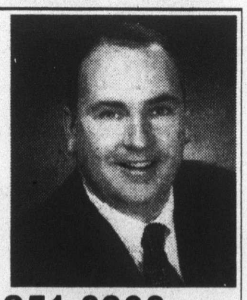

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A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Friday, Jan. 20, at approximately 12 noon, officers from the Drug Unit were working in the Montclair section of Quincy based on information they received about drug activity. Through this investigation, detectives learned the male suspect was operating two different vehicles, a white Ford Fusion and a white Ford Edge to conduct his drug distribution business. Both vehicles were registered to a female residing in Dorchester.

The male suspect has a Massachusetts Criminal History/BOP which helped identify the vehicle owner as the plaintiff in a civil restraining order against him. On this day, Detectives Chris Klier, Keenan, Powers, Glennon, Cassidy, Duran and Coen conducted surveillance of the suspect's residence and vehicles he used to conduct his drug business.

At approximately 1:15 p.m., Detective Powers observed the Ford Fusion moving southbound on Fayette Street through the intersection of Holbrook Road, until it eventually pulled over to the left side of the road and park next to the Stop & Shop on Fayette Street. Detective Powers alerted the other DCU Detectives of his observations. The Detectives converged on the suspect vehicle.

Detectives Duran and Glennon approached the driver's side of the vehicle with their Quincy Police badges displayed and they were able to positively identity the sole occupant of the vehicle as the suspect. Detective Duran knocked on the driver's side door and advised the suspect to open the door but he refused to comply. Detectives Duran and Glennon then observed the suspect cup his hand and bring his hand up to his mouth as if he was attempting to swallow something. Detectives are aware that it is a common practice for drug dealers to swallow the drugs in an attempt to destroy the evidence and avoid arrest.

Detective Duran decided to break the driver's side window with his department issued baton in order to prevent the destruction of any evidence. Once the window was breached, the suspect appeared to become startled and he opened the door. He was removed from the vehicle, placed in hand-cuffs and advised of his Miranda rights by Detective Keenan. As he was being escorted away from the vehicle, Detective Powers observed the suspect's left hand clenched in a fist with what appeared to be clear plastic protruding from between his fingers.

LT. DAN MINTON

Detective Powers immediately opened the suspect's fist and several small plastic baggies containing both a light brown powder and white powder substance fell to the ground. Detectives believed the substance contained Heroin /Fentanyl and cocaine based on its appearance and packaging. Detectives believed the individual bags (13) were packaged in a manner intended for distribution.

The suspect then intentionally stepped on one of the baggies and began rubbing it into the asphalt sidewalk with his shoe. This action caused one of the baggies to break open and disperse a small amount of light brown powder which ended up spread onto the sidewalk. By doing this, the suspect was intentionally trying to destroy some of the evidence. After closer inspection, the detectives discovered a total of thirteen small baggies that fell out of the suspect's hand, including the small baggie that broke open. Twelve of the small baggies contained a light brown powder consistent with Heroin/Fentanyl, and one small baggie contained a white powder consistent with cocaine.

Detective Powers gathered all 13 baggies and secured them. Detective Keenan seized an iPhone from the vehicle as it was believed to be used to facilitate drug sales. Officer Devine responded and transported the suspect to the station for booking. Detective Coen weighed the Fentanyl using the DCU digital scale. The weight of the twelve bags of Fentanyl amounted to 12 grams including packaging. The suspect, a 37-year-old Boston resident, was charged with trafficking in Fentanyl. Detective Coen field tested the bag of alleged cocaine using a TruNarc Raman spectrometer which confirmed the presence of cocaine.

As the detectives began writing their reports of the arrest, it came to their attention that there was some question to the true identity of the suspect. Detective Cassidy contacted the Puerto Rico State Police with the suspect's biographical information he had provided at booking. Using this information, the Puerto Rico State Police provided Detective Cassidy with information and an actual photograph they have on file for a for the suspect, which did not match the same person in custody. It is believed the person in custody fraudulently obtained another person's biographical information and used this information to obtain a valid MA driver's license and shield his actual identity and immigration status. The investigation continues and additional criminal charges may follow.

A MA driver's license and a MA Identification Card have been seized from the person in our custody pending further investigation. The suspect, once his identity has been determined, will be charged with, trafficking in Class B (Fentanyl), possession with intent to distribute Class B substance (Cocaine) and misleading a police officer (destruction of evidence)." At this time, the suspect is being held on $2,500 bail.

Nice Work!

❑

PHONE CALLS FROM THE IRS? A recent wave of telephone calls, mostly on landlines are hitting the Quincy area. One of the consistent telephone numbers showing up in caller ID is 646-844-7042 out of Manhattan. The caller, in a stern voice recording, states that they are from "The Tax Fraud Investigation Department" and they are currently looking into your case. He strongly advises the victim to call the above number as there is a pending arrest warrant out for the recipient. A call back to the number resulted in a busy tone or not accepting calls at this time. A check of "Google" for the above number showed numerous people

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Jan. 20 – 27
ARRESTS: 23
TOTAL CALLS: 1006
STOLEN MOTOR VEHICLES: 9

FRIDAY, JAN. 20

LARCENY, 11:06 a.m., Miller Stile Rd. Medications.

BREAKING AND ENTERING, 4:46 p.m. 800 block Willard St. PS4 stolen.

SATURDAY, JAN. 21

VANDALISM, 12:53 a.m., Revel Restaurant Nightclub, 79 Parkingway. Staff at club told officer someone passing in a vehicle threw rock through a parked car's window.

ATEMPTED BREAKING AND ENTERING, 10:17 a.m., Presidents Ln. Screens removed from windows.

MOTOR VEHICLE LARCENY, 12:29 p.m., Clipper Apartments, 75 Palmer St. Caller has been in hospital for several weeks. Vehicle gone. No tow listed. No queries.

LARCENY, 2:44 p.m., Stop & Shop, 495 Southern Arty. Holding female in loss prevention office. Woman trespassed by LP.

LARCENY, 3:52 p.m., Ocean State Job Lot, 141 Newport Ave. Phone stolen at noon today.

ARMED ROBBERY, 10:56 p.m., Dollar Tree, 215 Quincy Ave. White male with dark hair wearing black leather coat. No money. Suspect fled on foot, jumped into a black vehicle. Victim not injured. Black handgun shown.

SUNDAY, JAN. 22

ASSAULT AND BATTERY, 11:25 p.m., Douse Rd. & Newport Ave. Male reports he was struck twice by another male. Does not want ambulance.

MONDAY, JAN. 23

VANDALISM, 9:04 a.m., Carlisle St. Car window smashed out.

LARCENY, 9:18 a.m., Arlington St. Packages.

LARCENY, 2:24 p.m., Tirrell St. Package.

LARCENY, 4:05 p.m., Arlington St. Construction staging. Rear door.

TUESDAY, JAN. 24

MOTOR VEHICLE LARCENY, 7:04 a.m., Sherman St. Taken overnight. Queried by Boston PD at 10 p.m. last night, unable to find out why it wasn't towed by BPD.

LARCENY, 9:18 a.m., BJ's, 200 Crown Colony Dr. Money.

MOTOR VEHICLE LARCENY, 12:14 p.m., Marina Dr. Vehicle recovered before report made.

VANDALISM, 12:45 p.m., 99 Granite St. Broken back window.

LARCENY, 1:04 p.m., Granite St. Items.

LARCENY, 1:45 p.m., Wendy's, 520 Southern Arty. Credit card.

LARCENY, 4:09 p.m., Arlington St. Floor jack. Caller filed two reports yesterday for similar incident.

WEDNESDAY, JAN. 25

ARMED ROBBERY, 6:08 a.m., Atlantic St. Chain off neck. Suspect is a drunk white male, heavyset, wearing a grey hoodie. Fled in vehicle. Victim was struck on head with bottle. Refused medical treatment. Anon. witness says he saw the suspect leaning into the passenger side of victim's truck.

LARCENY, 11:20 a.m., Bicknell St.

LARCENY, 12:53 p.m., 859 Willard St. Prescription pads.

ATTEMPTED BREAKING AND ENTERING, 9:43 p.m., John St. Caller states someone attempted to enter home. Front door lock damaged.

THURSDAY, JAN. 26

LARCENY, 2:17 a.m., School St. Caller wishes to speak with officer about ex-husband's stolen medication.

MOTOR VEHICLE LARCENY, 8:02 a.m., Holbrook Rd. Grey Toyota.

VANDALISM, 12:06 p.m., Philips Bakery, 48 Sumner St. Outer window. No entrance gained. Break already reported.

INDECENT EXPOSURE, 12:46 p.m., 1546 Hancock St. Next to dumpster. Arrest for open and gross lewdness and open container.

BREAKING AND ENTERING IN PROGRESS, 3:42 p.m., Old Colony Ave. Caller says two cars are in rear of building. Believes there may be people in basement. Building is vacant.

MOTOR VEHICLE LARCENY, 6:13 p.m., Bay State Rd. Caller says her mother let someone use vehicle and it not been returned. Unable to locate it. Black Toyota Camry. Suspect also took ATM card and withdrew $300 from account.

LARCENY, 8:35 p.m., Bowes Ave. Package delivered by FedEx stolen a few days ago.

MOTOR VEHICLE LARCENY, 9:05 p.m., Berlin St. Grey Toyota Highlander last seen headed north. Vehicle later recovered in Dorchester.

ARMED ROBBERY, 9:35 p.m., 1568 Hancock St. Two white males robbed older male with a knife. One was wearing a black shirt, the other grey. Ran towards Hancock Lot down Revere Road. Caller was a witness to the crime. Witness was called four times with no answer. No victim ever presented themselves to officers or called police. Two possible suspect located in the area were fio'd.

BREAKING AND ENTERING, 10:07 p.m., Samoset Ave. BCI took prints.

FRIDAY, JAN. 27

MOTOR VEHICLE LARCENY, 7:17 a.m., Marshall St. Vehicle stolen overnight. There was a spare key inside. Lojack activated.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: 75 Palmer St., Sherman St., Marina Dr., Berlin St., Bay State Rd., Davis St., Bromfield St., 57 E. Squantum St., Glover Ave.

❑

CAR BREAKS: 495 Southern Arty., Snug Harbor Ct., 59 Newport Ave., Elm Ave., Marlboro St., Janet Rd., Hobart St.

❑

BREAKS AND ATTEMPTED BREAKS: 800 block Willard St., Samoset Ave.

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug Hot-Line at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

RELIGION

Quincy Point Congregational Church

The CrossRoads Adult Band will be blessing worship with their melodic praise at the 10 a.m. Sunday worship service Feb. 5 at Quincy Point Congregational Church, 444 Washington St., Quincy.

Sunday is also Communion Sunday.

Worship begins at 10am and the church is handicap accessible via the Abbey Road side of the building. Rev. Stan Duncan will preach a sermon titled, "Then your light shall break forth like the dawn."

The theme of the sermon is, "When God doesn't seem to respond to our prayers and we discover that our behavior prevents us from hearing God's responses."

After worship all are invited to fellowship hour in the downstairs social hall for light refreshments and coffee. While there, sign the "thinking of you" and birthday cards.

'Four Chaplains Sunday'

The Quincy Veterans Department reminds residents that Sunday, Feb. 5 has been mandated by the Congress of the United States as "Four Chaplains Sunday."

The Four Chaplains, also sometimes referred to as the "Immortal Chaplains" or the "Dorchester Chaplains" were four United States Army chaplains who gave their lives to save other civilian and military personnel as the troop ship USAT Dorchester sank on Feb. 3, 1943 during World War II.

The converted luxury liner was crossing the North Atlantic, transporting more than 900 troops to an American base in Greenland. Aboard the ship were four chaplains of different faiths: Rev. George Fox (Methodist), Jewish Rabbi Alexander Goode, Rev. Clarke Polling (Dutch Reformed) and Fr. John Washington (Roman Catholic).

Around 12:55 a.m. on Feb. 3, 1943, a German U-boat fired a torpedo that struck Dorchester's starboard side, below the water line and near the engine room. The explosion instantly killed 100 men and knocked out power and radio communication with Dorchester's three escort ships. Within 20 minutes, the transport sank and more than 670 men died.

As soldiers rushed to lifeboats, the four chaplains spread out, comforting the wounded and directing others to safety. One survivor, Private William Bedner, later said, "I would hear men crying, pleading, praying. I could also hear the chaplains preaching courage. Their voices were the only thing that kept me going."

Another survivor, John Ladd, watched the chaplains distribute life jackets, and when they ran out, they removed theirs and gave them to four young men. "It was the finest thing I have seen, or hope to see, this side of heaven," he recalled.

As Dorchester sank, the chaplains were seen linked arm in arm, praying.

Fox, Goode, Poling and Washington were posthumously awarded the Distinguished Service Cross and the Purple Heart.

Bethany Congregational

On Sunday, February 5, Bethany Congregational Church, Quincy Center, will have a Communion Worship Service and Sunday School at 10:00 a.m. The Rev. William C. Harding will conduct the service and preach the sermon entitled "Loving Commitment to All." Fellowship with light refreshments will follow service.

This weekend 14th Annual Souper Bowl Sunday Luncheon, admission 1 nonperishable item for I.S.S. Food Pantry.

All are welcome to attend Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon, and 1 to 4 p.m. Please visit us at our Web Page: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service on Sundays, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

Houghs Neck Congregational

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Pastor Felix Carrion will lead the service, give the children's message and preach the sermon "The Mind, Movement, Mission of Christ." Liturgist Carol Hallett will call to worship and read then scripture lesson. Susan Stimpson and Jake Gordon will serve for then Diaconate. Steven Reed, organist, will direct the choir.

During the coffee hour the annual Chocolate Lovers Sunday and Super Bowl Snack Sale will take place to benefit the Seaside Social Club.

First Baptist Church of Wollaston

Sunday worship service begins at 10:30 a.m. at the First Baptist Church of Wollaston, 81 Prospect Ave.

Everyone is welcome.

Pastor David Choi will lead the communion service and preach the sermon, "God So Love the World." Serving the church will be greeter Beverly Moulton and Scripture reader Jan Burton.

Sunday School begins following the Pastor's message to the children.

A coffee hour of fellowship and light refreshments will be held in the chapel following the service.

Questions about the church and its activities can be directed to the church office at 617-472-0824 on Tuesday, Thursday and Friday 10:30 a.m. to 5:30 p.m.

All areas of the church are wheel chair accessible.

Winter Coat Sale Saturday At Mite Box Thrift Shop

The Mite Box Thrift Shop located at St. Chrysostom's Church, 1 Linden St., Quincy, is open Wednesday, Thursday and Friday from 10 a.m. to 4 p.m.

The shop will also be open Saturday, Feb. 4 from 10 a.m. to 4 p.m. for the annual winter coat sale.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible & Handicapped parking, side entrance air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will preach the sermon "The Mind, Movement, Mission of Christ"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Communion Worship Service and Sunday School at 10AM
Rev. William C. Harding will conduct the service and preach the sermon "Loving Commitment to All"
Child Care Available
For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service

PEACE

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

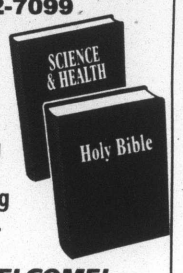
UNION CONGREGATIONAL
Beach St. & Rawson Rd., Wollaston
(617)479-6661
Rev. John Swanson, Pastor
Sunday Worship Service 10 AM

QUINCY POINT CONGREGATIONAL
444 Washington St . • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.


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Nazarene

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10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

To Advertise in this Directory, Call 617-471-3100

OBITUARIES

Edward W. Nardone, 90

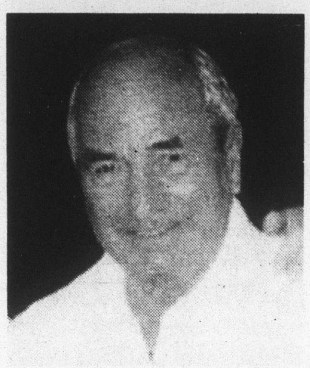
Graveside services with Military Honors for Edward W. Nardone, 90, Quincy Fire Department, Retired, of Quincy, were held Wednesday in Pine Hill Cemetery, Quincy.

Mr. Nardone died peacefully Jan. 27 at the Veterans Administration Hospital in Brockton, surrounded by his loving family.

He was born in Boston on Sept. 23, 1926, to the late Anthony and Mary E. (Murphy) Nardone. Mr. Nardone was raised in Dorchester and was a graduate of Dorchester High School. He had lived in Quincy for over thirty years and also in Fort Lauderdale by the Sea, Florida, for thirty years.

Mr. Nardone was a Quincy firefighter for twenty-five years, serving from 1960 to his retirement on April 19, 1986. During his career he worked at various stations throughout the city and at the time of his retirement was assigned to fire alarm.

Mr. Nardone was also the well known owner and operator of the former Nardone Aluminum Company in Randolph for forty years. He was a proud U.S. Marine Corps veteran of World War II. He served in the Asiatic Pacific Theater and participated in battles on the islands of Tinian and Okinawa.



EDWARD W. NARDONE

Mr. Nardone loved the ocean and the beach and enjoyed sports. He was devoted to his family and especially to his grandchildren

Beloved husband for sixty-one years of Barbara A. (Pangraze) Nardone. Devoted father of Edward R. Nardone, Quincy Fire Department, and his wife Bobbie of Quincy and the late Robert P. Nardone. Loving grandfather of John E. Nardone of Waltham, Matthew W. Nardone and Kristina Nardone of Quincy. He was one of six siblings and is survived by John Nardone of Braintree and many nieces and nephews.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to Hospice of the South Shore, 30 Reservoir Park Drive, Rockland, MA 02370.

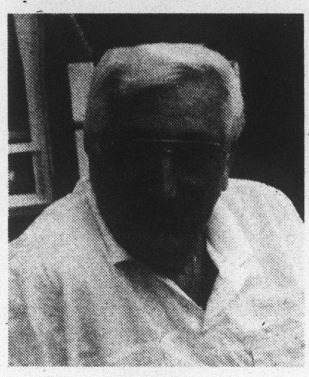
Joseph A. Mazzarella

A funeral Mass for Joseph A. Mazzarella of North Quincy was celebrated Wednesday in Sacred Heart Church, Quincy.

Mr. Mazzarella died Jan. 27.

The beloved husband of 55 years to Arlene (Vessey) Mazzarella. Loving father of Joseph Mazzarella and his wife Jane of Milton and the late Michael J. Mazzarella and his wife Ann Mazzarella of North Weymouth. Cherished grandfather of Christina Lonergan and her husband Casey, Michael Mazzarella and his fiancée Kara, Zachary and Jake Mazzarella. Great-grandfather of Casen Lonergan. Brother of the late Marshall Mazzarella, Angela Cannell, Rosalie Curran and John Mazzarella. Brother-in-law of Eleanor and Maureen Mazzarella.

Mr. Mazzarella was a proud Korean U.S. Army Veteran. A Quincy resident for 59 years, his career in life was one of an educator. He began his career in education at Southeastern Regional Vocational Technical High School as teacher, supervisor and assistant director, before taking the directors position at Quincy. Mr. Mazzarella retired as the director of occupational education for the city of Quincy. He taught vocational administration at Eastern



JOSEPH A. MAZZARELLA

Nazarene and UMass Boston. He served as president for MAVA (Mass Assoc. Vocational Administrators) for one term.

Mr. Mazzarella was a Eucharistic minister at Sacred Heart Parish in North Quincy for many years. He was a talented cabinetmaker and cook. He enjoyed reading and was always up to the challenge of a crossword puzzle. He also enjoyed volunteering at Quincy Medical Center. His main focus in life was his family; he was dedicated to all of them. They are grateful for all the blessings he brought into their lives.

Interment in Forest Hills Cemetery, Boston.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Angel Foundation, 649 Main St., Wakefield, MA 01880

George P. Stephen, 87

Funeral services for George P. Stephen, 87, a longtime Quincy resident, were celebrated Tuesday in First Presbyterian Church, Quincy.

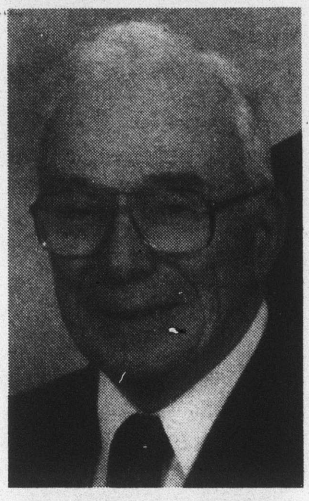
Mr. Stephen died Jan. 25 at the Colonial Rehabilitation and Nursing Center in Weymouth.

He was born in Quincy on Sept. 21, 1929, to the late George and Mary (Paul) Stephen. He was raised in Quincy and was a graduate of Quincy High School, Class of 1947, and later graduated from Northeastern University. He had lived in Quincy for most of his life and previously lived several years in Weymouth and Rockland.

Mr. Stephen was an insurance underwriter for many years and had retired from the U.S.F. & G. Insurance Company of Boston and Quincy. He also worked as a security guard for Apollo Security for several years and enjoyed being a "greeter" at the Quincy Wal-Mart. He proudly served in the U.S. Army as a sergeant during the Korean War and was stationed in Okinawa.

Mr. Stephen was a lifelong active member of the First Presbyterian Church in Quincy where he served as financial secretary, deacon, elder and was also a member of the choir. A favorite song, "Keep Right On to the End of the Road," and various hymns kept his heart and mind trusting his Lord throughout his illness.

Being of Scottish descent from Aberdeen, he was proud of his Scottish heritage and served as chief of Clan MacGregor and secretary of the MacGregor Permanent Charitable Trust.



GEORGE P. STEPHEN

Mr. Stephen's loving concern for family and friends will be missed by all.

Beloved husband for fifty-five years of Emily A. (MacKenzie) Stephen. Devoted brother of Alice Heyes and her husband Walter of Barre, MA. Dear uncle of Stephen Heyes and his wife Sandi of Ashby, MA, Diane Bowne of Leominster, Mary Carver and her husband Jonathan of Moultonborough, NH, and Catherine Hellige and her husband Daniel of Quincy, IL.

He is survived by many grandnieces and grandnephews, his cousin, Philip Leth and family of Quincy and his friend and neighbor, Joan MacDonald of Quincy.

The Rev. Donald P. Hammond officiated the services.

Interment with Military Honors at Mount Wollaston Cemetery in Quincy.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the First Presbyterian Church Scholarship Fund, 270 Franklin St., Quincy, MA 02169.

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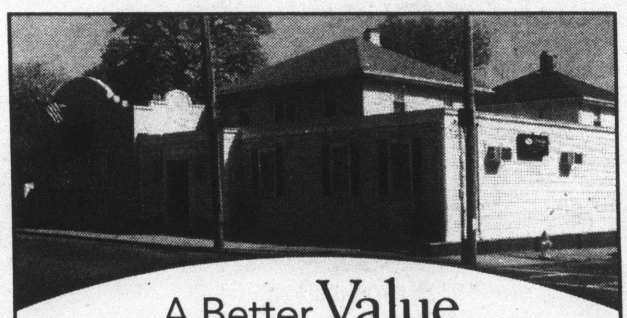

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George N. Townsend, 93

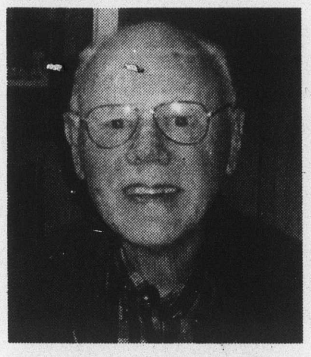
A funeral for George N. Townsend, 93, of Quincy and formerly of Dorchester, was held Wednesday in Houghs Neck Congregational Church.

Mr. Townsend died Jan. 27 surrounded by the love, comfort and care of his family.

He was the devoted husband of 56 years to the late Glennis (Morway) Townsend.

Mr. Townsend served his country with honor during WWII in the US Army and was a decorated demolition specialist in the 296th Engineer Combat Battalion serving in Europe. Following his discharge in 1945 he was employed as a bookbinder for the Robert Burlins & Son Company for 20 years, then another 20 years for the city of Boston as a foreman until his retirement at the age of 67.

Mr. Townsend was a deacon at the Dorchester Temple Baptist Church before moving to Quincy in the 1980s, where he became an active member of the Houghs Neck Congregational Church. His favorite times were traveling to other states and camping in the mountains with his large family. He was a Mr. Fix It and could repair almost anything.



GEORGE N. TOWNSEND

He is survived by three sons, Linwood R. Townsend and his wife Rita, Stacey Edward Townsend, and Wayne W. Townsend and his wife Diana; four daughters, Janice Hughes and her husband Charles, Priscilla Last and her husband Ron, Beverly Rogers and her late husband Gerald and Laurie Milligan and her late husband Richard. Also survived by 14 grandchildren, 17 great-grandchildren and one great-great-grandson.

Interment with military honors at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Memorial donations may be made to the DAV at P.O. Box 14301, Cincinnati, OH 45250 or to the Houghs Neck Congregational Church, 310 Manet Ave., Quincy, MA 02169.

Marie E. Demaggio, 80

A funeral service for Marie E. (Natale) Demaggio, 80, of Quincy was held Jan. 27 in Good Shepherd Lutheran Church, Quincy.

Mrs. Demaggio died Jan. 20.

Born in Boston where she was raised and educated, she lived in Quincy for 57 years and was a member of the Good Shepherd Lutheran Church and the Viking Club.

The beloved wife of John J. Demaggio, to whom she was married for 57 years, Mrs. Demaggio was the loving mother of Joseph Demaggio and his wife Denise of Hanson and Michael Demaggio of Waltham; dear grandmother of Tanner Demaggio and Mari Demaggio; beloved sister of Joyce Coose of Plymouth; and

MARIE E. DEMAGGIO

is also survived by several nieces and nephews.

Interment at Knollwood Memorial Park in Canton.

Funeral arrangements were made by Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Muriel T. Peters

A memorial service for Muriel T. Peters of Braintree, formerly of Quincy and Boston, was held Jan. 27 in Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Ms. Peters died peacefully Jan. 18.

Born in Boston, she was the daughter of the late Peter S. & Alice (Shaughnessy) Peters. Beloved sister of Audrey Peters of Wrentham, Marie Troisi of CA and the late Alice Perry and Peter Peters. Also survived by many nieces, nephews, and friends.

Ms. Peters was most recently a resident of Grove Manor Estates where she enjoyed the company of the wonderful residents and staff. She loved to travel and enjoyed experiencing the cultures of many different countries. Ms. Peters was a devoted member of the First Church of Boston, the French Library and the Back Bay Association.

Private interment.

Memorial donations may be made to the Lewy Body Dementia Assoc., 912 Killian Hill Rd., SW, Lilburn, GA 30047.

Theresa J. Powers

A funeral Mass for Theresa J. (McDonough) Powers of Quincy, formerly of Dorchester, was celebrated Wednesday in St. Joseph's Church, Quincy.

Mrs. Powers died Jan. 28.

She was born in Dorchester and later in life moved to Quincy. Family was the cornerstone of her life. Mrs. Powers loved to sing Irish music, enjoyed plays and musicals, and was an amazing cook for her four loving sons. Theresa also enjoyed to needlepoint. She was an very independent woman, who was kind and caring. She will be missed by all who had the pleasure of knowing her.

Loving wife of 66 years to Robert E. Powers of Quincy. Dear mother to Steven R. Powers and his wife Elaine of Quincy, Brian J. Powers and his wife Gail of Braintree, Robert M. Powers and his wife Pamela of Lexington, Michael A. Powers and his wife Barbara of Duxbury. Cherished sister to the late Helen Towle, Michael McDonough, Mary Pesieri, Winifred Grey, Patrick McDonough, John McDonough, Rita Hannigan, Francis McDonough, Margaret Jansky,

THERESA J. POWERS

and Joseph McDonough. Beloved grandma to Brian and Mikala Powers, Emily and Scott Cooley, the late Shannon Nissa Bailey Powers, Stephanie-kaye Powers, Aidan and Christina Powers, Alexandra and Marc Cellucci, Liam Powers, Marissa Powers, Erin Powers and Kelsey Powers. Also survived by nine great-grandchildren and many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Cystic Fibrosis, PO Box 52074, Phoenix, AZ 85062 and NF at nfincne.org or NF Northeast, 9 Bedford St, Burlington, MA 01803.

Phyllis E. Ruscitto, 103

Phyllis E. (Sawyer) Ruscitto, 103, a longtime resident of Quincy, died peacefully Jan. 24 at the John Adams HealthCare Center in Quincy.

Mrs. Ruscitto was born in Brockton, raised and educated in Stoughton schools and was a graduate of Stoughton High School. She had lived in Quincy for sixty-nine years.

She was a self-employed antique dealer and operated an antique mail order business. She had also owned a dress shop in Stoughton for several years and had worked as an inspector at the former Raytheon Corporation in Quincy for twelve years.

Mrs. Ruscitto and her late husband Roy enjoyed their time and their activities at the former River Bay Club in Quincy where they developed many friendships. She was dedicated to her family, especially her grandchildren and great-grandchildren.

Beloved wife for seventy-three years of the late Roy N. "Ted" Ruscitto. Devoted mother of Joan E. Hay and her husband Robert of Plymouth, Robert A. Ruscitto and his wife Bette of Braintree. Loving grandmother of Mark Aiello and his wife Jennifer of Hanover, Susan Davis and her husband Rodney of Hanover, Jayne Galligan of Braintree, Carolyn Walsh and her husband James of Hingham, Robert A. Ruscitto, Jr. and his wife Shauna of Hanover. Also survived by thirteen cherished great-grandchildren.

At the request of the family, funeral services were private.

Memorial donations may be made to the American Heart Association, 300 5th Ave., Suite 6, Waltham, MA 02451-8950.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy.

Frank A. Gendreau

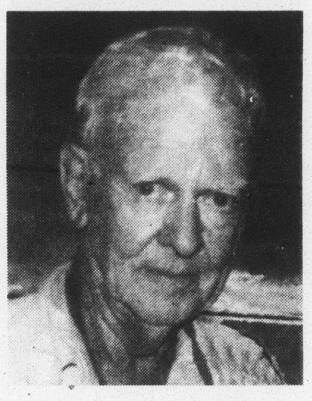
A funeral Mass for Frank A. Gendreau of Quincy and formerly Dorchester was celebrated Monday in Sacred Heart Church, Quincy.

Mr. Gendreau died Jan. 26.

He was a dedicated family man, extremely loyal friend and inspirational boss. He was happiest surrounded by his family, especially his grandchildren and new great-grandson, who had dubbed him "Super G."

Mr. Gendreau was proud of his Dorchester and Boston roots (having graduated from Commerce High School) and very much enjoyed rooting for the Bruins and Patriots. He maintained many close relationships from his youth through the monthly luncheons with the Dorchester Wildcats. The water was also a constant passion in his life as he had joined the U.S. Coast Guard in 1951 and had since spent most of his lifetime on the water. Being an avid boater, scuba diver and fisherman he was a lifetime member at the Port Norfolk Yacht Club. Mr. Gendreau loved the beach – he was a lifelong summer resident of Houghs Neck in Quincy and a 20+ year winter resident of Key Colony Beach in Marathon, Fla.

Mr. Gendreau was the third generation owner of the family jewelry business, Frank A. Gendreau Jewelers, a business started in Boston in 1911. The family later



FRANK A. GENDREAU

moved to Quincy in 1991 and is currently doing business as Joyce & Gendreau Jewelers, where Mr. Gendreau was usually found "checking in on his watch bench."

Beloved husband of the late Anne M. (Balboni) Gendreau. Loving father of Frank Gendreau, Jr. and his wife Marianne of Billerica, David Gendreau and his wife Mary Jane of Quincy, and Denise Reynolds and her husband Christopher of Quincy. Dear brother of the late Esta Wall. Cherished grandfather of Michelle and her husband Ryan Walsh, Rachel, Lauren and Michael Gendreau and Alyssa Reynolds and great-grandfather to Francis Walsh.

Interment at Cedar Grove Cemetery, Boston.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Disabled American Veterans, State House, Room 546, Boston, MA 02133.

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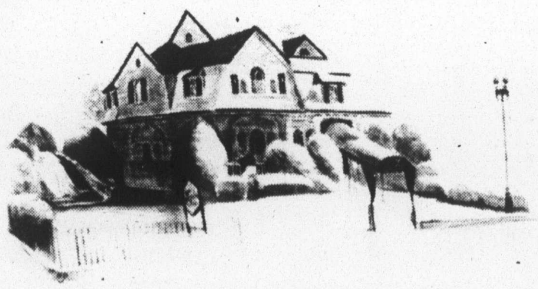

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OBITUARIES

Julia M. Kahler, 87

A funeral Mass for Julia M. "Judy" (Giacchetti) Kahler, 87, will be celebrated at 10 a.m. Thursday in St. Joseph's Church, Quincy.

Mrs. Kahler died Jan. 27.

A lifelong Quincy resident, she worked as a nurse at Shattuck Hospital, Quincy Nursing Home and as a visiting nurse. A devoted congregant of St. Joseph's Church, she was the soloist for over 40 years and was a member of the Ladies Sodality where she served as prefect from 1992 to 1994 and 2003 to 2004. Mrs. Kahler was a member of the Ward 2 Civic Assoc., the 1000 Southern Artery Quilting Group, a post chief champion of the Foresters and an avid fan of the Patriots and Red Sox.

JULIA M. KAHLER

The beloved wife of the late Joseph S. Kahler, Mrs. Kahler was the loving mother of Mary Jo Kahler Calkins and her husband D. Cameron of Taunton, and John A. Kahler and his wife Carolyn of Lafayette, CA; dear grandmother of Joseph and Max; beloved sister of Virginia Horne of Rockland and the late Louis G. Giacchetti; and is also survived by her sisters-in-law, Barbara Giacchetti of Hingham, Florence Kahler, CSJ of Brighton and Theresa Schmucker of Latrobe, PA; and many nieces, nephews, grandnieces and grandnephews.

Visiting hours were 4 to 8 p.m. Wednesday in Dennis Sweeney Funeral Home, 74 Elm St., Quincy. Funeral from the funeral home at 9 a.m. Thursday, prior to the Mass.

Interment at Knollwood Memorial Park, Canton.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Pl., Memphis, TN 38105-1905, stjude.org.

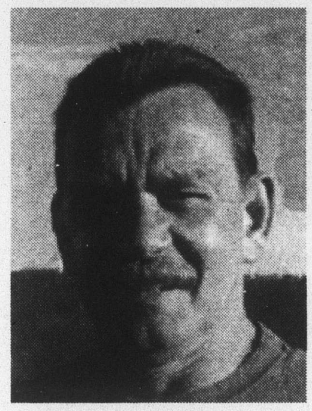
Frank E. Crowley, 70

A celebration of life service for Frank E. Crowley, age 70, of the Houghs Neck section of Quincy, formerly of West Roxbury, beloved husband of Marilyn Jacobs, will be held at 8 a.m. Friday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Crowley died peacefully Tuesday after a long illness.

Upon graduation from Northeastern University in 1969, he was drafted into the U.S. Army where he served honorably in the central highlands of Vietnam with the 7/17th Air Calvary Regiment.

Mr. Crowley enjoyed a rewarding thirty-year career with the Comm. of Mass.,



FRANK E. CROWLEY

beginning with the Office of the Comptroller where he was the bureau director of operations and retired from the Department of Veterans' Services as a budget director and CFO.

He leaves his brothers Steve and his wife Meri of Ormond Beach, FL and Jack and his wife Eileen of Carefree, AZ and his sisters Marie Macomber and her husband Stu of Newton Centre and Janet Finlayson and her husband Rob of Back Bay.

A longtime friend of Bill W., Mr. Crowley was an avid reader, enthusiastic traveler, and loyal fan of the Boston Red Sox.

Visiting hours are 4 to 7 p.m. Thursday in the funeral home.

Internment with military honors at Massachusetts National Cemetery in Bourne.

Memorial donations may be made to the Friends of the Thomas Crane Public Library, 40 Washington St., Quincy, MA 02169.

George D. Jamieson, Jr., 81

A funeral for George D. Jamieson Jr., 81, of Mansfield, formerly of Weymouth and Dorchester, will be held at 10 a.m. Friday in Bethany Congregational Church, Quincy.

Mr. Jamieson died with his loving family by his side Jan. 28.

He was the husband of Carole M. (Jurevitch) Jamieson for 52 years.

Born in Milton, Mr. Jamieson grew up in Dorchester. He graduated from the University of New Hampshire and Anna Maria College with a Master's degree in criminal justice. Mr. Jamieson served his country with honor during the Korean War in the US Air Force.

Following his military service he owned and operated the Fields Corner Driving School in Dorchester and taught judo in Quincy, as he had earned his black belt in Japan during his deployment. He also owned and operated the Neponset Bait & Tackle Shop in Dorchester. He then worked for 28 years as an inspector, investigator and prosecutor for the Registry of Motor Vehicles, later retiring as a Massachusetts State Police trooper.

Following his official retirement Mr. Jamieson stayed involved in motor vehicle safety education for the National Safety Council and continued working and helping veterans as a benefits officer for the Veterans Administration. He also owned and operated Big Daddy's Candyland in Weymouth and Big Daddy's Emporium in Quincy with his sons.

Mr. Jamieson was very active in many civic and fraternal organizations, serving as past commander of the

GEORGE D. JAMIESON, JR.

American Legion Milton Post #114, life member of Quincy Post #613, and member of the Quincy DAV Post #29, freemason and member of the former St. Paul's-Algonquin Lodge in Braintree, and member of multiple Lions clubs. Mr. Jamieson was a lifelong member of the Boy Scouts of America and the Old Colony Council as a former scoutmaster.

He is survived by his three children and their spouses: Eric D. Jamieson and wife Heather of Weymouth, George D. Jamieson III of Norwell, Karen L. Brunelle and husband Dan of Auburn, a brother William F. Jamieson of Brockton, and two grandsons, Conor & Cameron Jamieson. Brother of the late: Donald Jamieson, Marjorie Dion, Anne Freeley. Margaret Lewis and Audrey Pinato.

Visiting hours are 4 to 8 p.m. Thursday in Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Interment with military honors at Blue Hill Cemetery, Braintree.

Memorial donations may be made to Perkins School for the Blind, 175 North Beacon St., Watertown, MA 02472.

REQUEST FOR PROPOSALS **REQUEST FOR PROPOSALS**

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

ASSESSORS OFFICE **REAL PROPERTY ASSESSMENTS FY-2018** **FEBRUARY 16, 2017 @ 11:00 A.M.**

In accordance with M.G.L. Chapter 30B, the City of Quincy, on behalf of the Assessors Office is seeking proposals for the update program of real property assessments for fiscal years 2018, 2019, and 2020.

Non-price bids/proposals must be in a sealed envelope and price proposals must be in a separate sealed envelope. The outside of the sealed envelopes are to be clearly marked **"RFP – Non Price Proposal Enclosed"** with the name/time/date of the RFP and **"RFP – Price Proposal Enclosed"** with the name/time/date of the RFP.

Detailed specifications are available online at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

Proposals will be received at the Office of the Purchasing Agent until the time and date stated above. Late proposals, delivered by mail or in person, will be rejected.

All questions regarding this bid should be directed to Kathryn R. Hobin, Purchasing Agent, through fax: 617-376-1074 and emailed to: purchasing@quincyma.gov.

If applicable, proposals shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R. Bidder must abide by the prevailing wages as established by the Massachusetts Department of Labor and Industries.

The right is reserved to reject any or all proposals or to accept any part of an RFP or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Hobin, Purchasing Agent

2/2/17

REQUEST FOR QUALIFICATIONS **REQUEST FOR QUALIFICATIONS**

REQUEST FOR QUALIFICATIONS
FILE SUB-BIDS ONLY

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

Invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

"RFQ" FOR FILED SUB-BID CONTRACTORS FOR A NEW 95,723 SQFT MIDDLE SCHOOL BUILDING FOR 430 STUDENTS ON A 7.9-ACRE SITE.
DEADLINE: "FEBRUARY 16, 2017 @ 3:00 P.M."

Request for Qualifications (RFQ) for Filed Sub-Bid contractors for a new 95,723 sqft middle school building for 430 students on a 7.9-acre site. The project will replace an existing 1926 school on the site and will be constructed in close proximity to the existing school in multiple phases while the existing school remains in operation. Construction is to begin in the Summer of 2017 and be fully completed by start of school in September of 2019.

Waterproofing, Damp-proofing & Caulking, Electrical Work, Fire Protection Sprinkler Systems, Acoustical Tile, Elevators; Glass and Glazing, HVAC, Terrazzo, Masonry work, Metal Windows, Misc. and Ornamental iron, Painting, Plumbing, Resilient Flooring, Roofing & Flashing and Tile.

The RFQ will be available at www.biddocsonline.com or picked up at Noshaba Blue, Inc. On website, click the "Project Listings" tab, then click "Solicitations", and click on the project name. RFQ's will be received until the time and date stated above, at which time and date they will be opened and registered. Late Proposals, delivered by mail or in person, will be rejected.

This RFQ is to prequalify Trade Contractors in accordance with M.G.L. c. 149A, § 8 and 810 AMR 10.00. Responses received from eligible subcontractors will be used to pre-qualify firms for participation in response to a Request for Bids. If applicable, Bids/RFQ's shall be in accordance with Chapter 7, Chapter 149 of the M.G.L. as amended. M.G.L. Chapter 39, § 39A, 39B and 39F-R. M.G.L. Chapter 149, § 26, 27, 29, 35 and 44A-44M. and 810 CMR 9.00 & CMR 10.00, Chapter 7 §38A1/2 – O.

The right is reserved to reject any or all RFQ's or to accept any part of an RFQ or the one deemed best for the City, and waive any informalities in the bidding, if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Hobin, C.P.O.

2/2/17

Mayor Thomas Koch 'State Of The City' Address

Cont'd From Page 1

provide and one that I'm particularly proud of.

At the Thomas Crane Public Library – visits in 2016 totaled nearly 700,000. More services are being offered, the Crane and its branches are open more hours, more items are being borrowed, and more people attending programs. And those who use the Crane are a clear symbol of our City's s rich diversity. On any given day in the Library, you'll see people from all walks of life, all age groups and all ethnic backgrounds. The Crane truly is a cultural jewel.

Today, we are indeed in the midst of a historic period of economic development, with more than $500 million dollars in private construction investment in just the last 3 years, bringing with it hundreds of jobs and new residents who are spending their money at local restaurants, shops, and other businesses.

It was not long ago during the Great Recession where private investment had all but dried up in the City, there was very little construction, and worries about the economic future of our City were very real. But the foundation that existed here – historic assets, safe streets, wonderful natural resources, strong city services, and access to public transportation sparked a renaissance of investment in this community. Growth has its challenges. There is often frustration or the longing for the quote – "good old days" -- when change arrives. But if we are not growing, we truly face a very uncertain future, one that is potentially a whole lot worse than the addition of new places to live in this City. We can and will harness this unprecedented growth to create the future this City deserves.

MEMBERS OF MAYOR Thomas Koch's family (from left) daughter Abigail, son Thomas, Jr. and wife Christine applaud after the mayor delivered his "State of the City" address in the Great Hall of the James R. McIntyre Government Center Monday night.

I've been around long enough to remember the battles long ago over the construction of Marina Bay and State Street South. The predictions of the apocalypse were something to behold. Well, I cannot believe anyone today would think that the State Street complex and the Marina Bay community weren't great additions to our City.

That doesn't mean that anything goes. Our Planning Department and Department of Inspectional Services do great work in guiding development to the right places, while protecting the integrity of our single-family neighborhoods. Look at where major projects have taken place or are planned – Burgin Parkway, Crown Colony, Quarry Street, Marina Bay, Quincy Center, the North Quincy T station, the Fore River Shipyard– these are the places we want development. And these are the places where development is happening.

These new housing developments create new opportunities for additional workforce housing in areas across the City that today may need an economic lift. There will be more than $15 million dollars available in the Affordable Housing Trust Fund – money contributed by developers of both major and smaller projects – as a required part of the development permitting process. This year, we will identify neighborhoods and specific projects where workforce housing projects make sense. In addition, the new housing contributes to stabilizing the market demands – with more supply, rents and prices stabilize.

Today, we are making more progress in our downtown than we have in decades, although we have much more work to do. This year, the next phase of development in the Hancock Lot will continue to come together with this month's Council approval of the real estate agreement permitting our City's 1st 15-story building to be built by Peter O'Connell; a major mixed use program proposed by LBC Group now in the permitting phase; and the planning today underway for the downtown's 1st major commercial development in the Ross area led by FoxRock Properties.

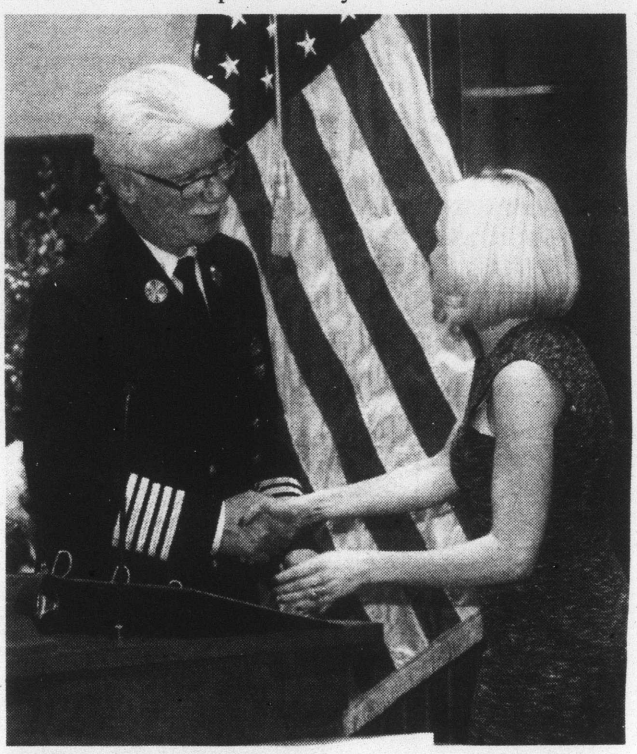
While it's certainly going to be a busy year, the last one was extraordinary. The first major project in the heart of downtown in decades – West of Chestnut – was completed; a second major project led by Sean and Scott Galvin is underway; the completion of the first phase of the Hancock-Adams Green provides new public access to the historic resting place of our Presidents; and new restaurants are opening regularly. People like Kerry Lynch at 16C, Devin Adams at the Townshend, Jimmy Liang at Fuji, Leo Keka at Alba and now ZEF, Sharon Driscoll and John O'Sullivan at the Iron Furnace – joining Tim Colton from the Fours and Neil Kiley from Fat Cat -- people who have invested in this neighborhood and have real skin in the game as we move forward. It shows without question that it's not going to be one person, one developer, or one investor that carries the future of the downtown. It will be all of us.

As we continue to capture this time of great economic development, traffic and parking issues remain the most frequent concern raised in neighborhoods throughout the City. In the coming weeks, we'll be before the City Council with a request for the first city-wide transportation plan in at least 25 years – including traffic, parking, pedestrian and bicycle issues. With the assistance of a professional engineering firm, we'll be looking at signal timing, intersection improvements, neighborhood parking rules, pedestrian safety, and bicycle access in a comprehensive master plan that will be carried out in the years to come.

So my friends let us stay the course, let us not become a people of indifference but continue to work together and meet the challenges of our time. Let us continue that spirit of cooperation, allowing us to be a people of hope and generosity so that each of our citizens may enjoy success and happiness.

Saint Paul tells us "If a man wants to boast, let him boast in the Lord." So tonight, I do not boast, but report on our City. But let us boast together… Boast in the Lord, let us thank Him for the blessings of life, family and freedom. We ask for His continued blessings upon the people of this City…. May He grant us wisdom, mercy and peace.

God Bless you, and may God bless the City of Quincy.



FIRE CHIEF JOSEPH BARRON receives well wishes from Council President Kirsten Hughes after it was announced at the "State of the City" that Barron will step down as chief this spring.

PAST AND PRESENT elected officials were among the guests attending Mayor Thomas Koch's "State of the City" address Monday night in the Great Hall of the James R. McIntyre Government Center (Old City Hall.) Applauding one of the mayor's key points during the address are (from bottom to top along the wall) former state representative and past state auditor Robert Cerasoli, Norfolk County Register of Probate Patrick McDermott, state Rep. Tackey Chan, state Rep. Bruce Ayers, state Rep. and House Majority Leader Ron Mariano and state Sen. John Keenan. At right are former city clerk and current Norfolk County Commissioner Joseph Shea and Councillor Joseph Finn. Two former mayors also attended the event: Walter Hannon and James Sheets.

Quincy Sun Photos/Robert Bosworth

The Quincy Sun.com

Viewing Quincy Sun Online Galleries

The Quincy Sun's website has a wide selection of photo galleries available for viewing.

Galleries include community events, high school sports and other subjects of interest.

To view the galleries, follow these simple steps:

- Go to www.TheQuincySun.com
- At the top of the home page click "galleries."
- The gallery page will open.
- To view a specific gallery, click the headline at the top of gallery post. For example, one of the headlines reads "Quincy Boys Hoop Vs. Hingham." Another reads "Quincy Girls Hoop Vs. Whitman-Hanson."
- After clicking the headline for the gallery, all of the images for that gallery will be loaded and available for viewing. Some galleries have more than 20 photos so be sure to click "#2" at the bottom of the gallery to see the rest of the images.
- To view older galleries, scroll down to the bottom of the page and look for the words "older posts" on the left.

Click this arrow and other galleries will be available for viewing.

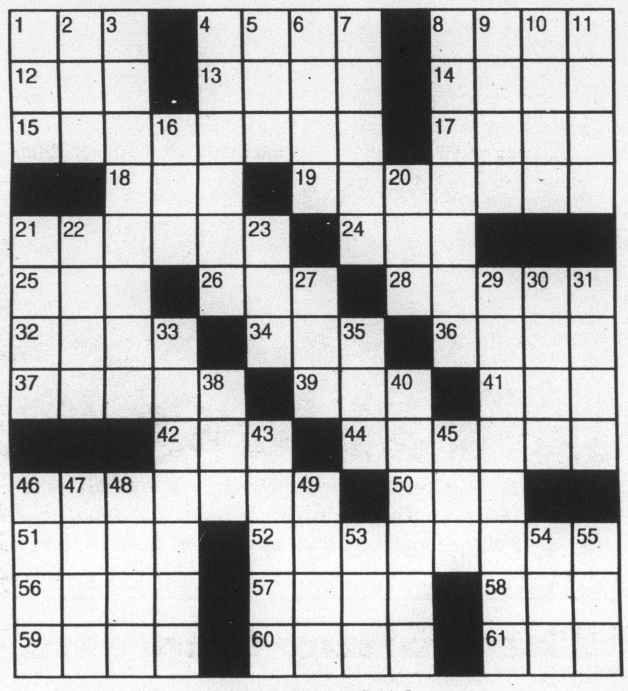
For further help or to order reprints of photos featured in any gallery, email the publisher at rbosworth@thequincysun.com.

SUN FUN PAGE

King Crossword

ACROSS
1 Tavern
4 Tosses in
8 Slays, "Sopranos" style
12 Altar affirmative
13 Voice in an iPhone
14 Law office aide, for short
15 "Sinker"
17 Caspian feeder
18 Teut.
19 Financial rescue
21 Decapitate
24 Fish eggs
25 Greek vowel
26 Coffee holder
28 Family member
32 Tatters
34 Physique
36 Grabbed
37 Astronaut John
39 Speck
41 Work with
42 Wet wriggler
44 Persistent attacks
46 Bug
50 To the — degree
51 Smell
52 Bafflers
56 Otherwise
57 Throw
58 "To be or — ..."
59 Start a garden
60 — Stanley Gardner
61 Wildebeest

DOWN
1 Auction action
2 Commotion
3 Fiber
4 Religious retreat
5 Cacophony
6 Defeat soundly
7 Shankar's instrument
8 Rich
9 Gambling game
10 Herr's wife
11 Shaker contents
16 "Golly!"
20 Debtor's letters
21 Ice mass
22 List-ending abbr.
23 Fix the soundtrack
27 Deity
29 Cold symptom
30 Misplace
31 Stretches (out)
33 Showed disdain
35 Two, in Tijuana
38 Butterfly catcher
40 Feels pins and needles
43 Workshop machine
45 Ordinal suffix
46 Troubles
47 Not working
48 American Beauty, e.g.
49 Rain hard
53 Web address
54 A billion years
55 Disco fan on "The Simpsons"



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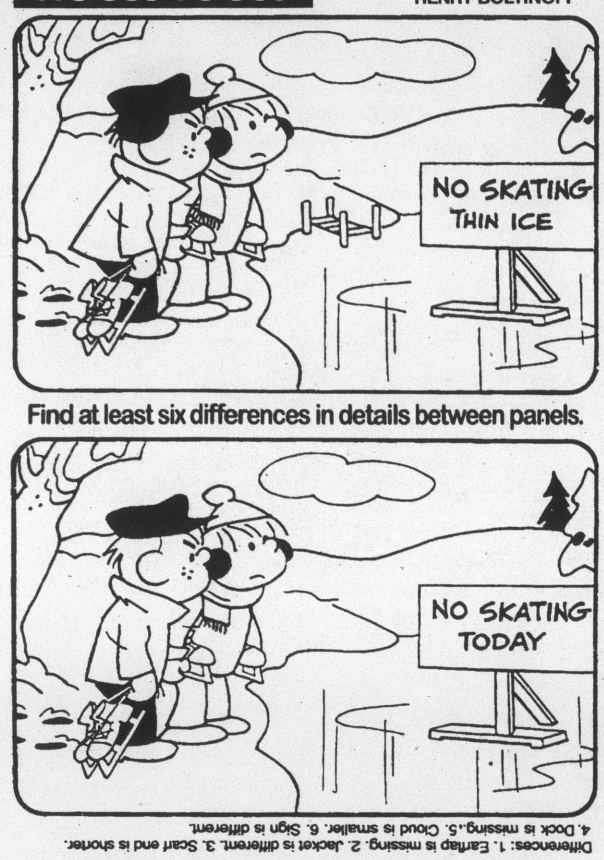
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Earflap is missing. 2. Jacket is different. 3. Scarf end is shorter. 4. Dock is missing. 5. Cloud is smaller. 6. Sign is different.

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Trivia test

by Fifi Rodriguez

1. MYTHOLOGY: Who was the queen of the warrior women called Amazons?

2. GOVERNMENT: What did the 22nd Amendment to the U.S. Constitution do?

3. ADVERTISEMENTS: What luggage company used a gorilla in a 1970 advertisement to show how tough its Samsonite brand was?

4. ART: Where is The Field Museum located?

5. U.S. PRESIDENTS: Which U.S. president had the nickname "Old Rough and Ready"?

6. GAMES: What is a grand slam in bridge?

7. HISTORY: In what year did the French invade England (The Battle of Hastings)?

8. LITERATURE: Which famous Beat poet wrote the poem titled "Howl"?

9. GEOGRAPHY: The Leonardo Da Vinci-Fiumicino Airport is located in what city?

10. GENERAL KNOWLEDGE: What is a petroglyph?

Answers

1. Hippolyta
2. Limits presidents to two terms
3. American Tourister
4. Chicago
5. Zachary Taylor
6. Winning all 13 tricks
7. 1066
8. Allen Ginsberg
9. Rome, Italy
10. Rock carving

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Salome's Stars

ARIES (March 21 to April 19) You don't like rejection. But instead of trying to "ram" your ideas through to an unreceptive audience, stand back and wait for a more favorable environment later this month.

TAURUS (April 20 to May 20) Job commitments call for the tidy Taurean to charge into those problem-plagued projects and get them into shape. Then go ahead and enjoy the fun and friendships of your expanding social life.

GEMINI (May 21 to June 20) The pressures of the workplace are beginning to ease. While you still need to stay connected to your ongoing commitments, you'll be able to take more time to relax with family and friends.

CANCER (June 21 to July 22) You might feel that you need to prove how much you can do. But be careful not to take on more than you can handle, or you risk being bogged down. An Aries has a message for you.

LEO (July 23 to August 22) Financially it could be a little tight for a while. So resist the urge to splurge on things you don't really need. There will be time enough to indulge yourself when the money squeeze eases later this month.

VIRGO (August 23 to September 22) You demand trust from others. But someone is creating a situation that could put your own trustworthiness in question. Be sure to keep all lines of communication open.

LIBRA (September 23 to October 22) A problem delays the recognition that you hoped to receive for your hard work. But all will soon be resolved. Remember to make patience your watchword this week.

SCORPIO (October 23 to November 21) Those wonderful ideas could expand your workplace prospects and ultimately lead you on a new career path. Your personal life also opens up new vistas.

SAGITTARIUS (November 22 to December 21) So much seems to be swirling around you these days that you might find it hard to focus on priorities. Best advice: Take things one at a time, and you'll get through them all.

CAPRICORN (December 22 to January 19) Work out situations with what you have, and avoid the temptation to create complications where they don't exist. This applies both at home and in the workplace.

AQUARIUS (January 20 to February 18) Keep your keen senses open to possible changes in personal and/or professional situations. Knowing what might lie ahead gives you an edge on how to handle it.

PISCES (February 19 to March 20) Personal pressures at work could create a problem with your performance. Best advice: Focus on the job ahead of you. If necessary, you can deal with the other issue later.

BORN THIS WEEK: Like your fellow Aquarian Abraham Lincoln, you have a way of handling the most difficult situations with grace and conviction.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: O equals L

X ALKP G QZI PSK MKDFOXDHLCR SXR BHOOKP MGEFHLCHER TI JHMOGEXLQ "TKI, IKZ JK DXCHE BXLH PKEA!"

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G E C A R L C O U N T Y W U S
Q P N A C O V E R I N G O L J
H F O E C C A Y S A X F V U S
Q B G H P W A T E R S N M K J
H F E E C I L C M T B Z Y X V
U T R B A N D G A S K E T Q P
O M L K I R O T G E S E E H C
H S L L I H E H T R O F G E D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Band
Board
Cheese
Cold
Covering
For the hills
Game
Gasket
Gear
Honcho
Lice
Nurse
Of state
Restraint
Waters

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6	3	8	7	2	8	2	3	7	3	2	3	7
C	C	L	O	L	E	O	H	V	E	V	E	E
6	8	4	6	5	4	8	7	6	7	4	7	2
O	A	J	L	A	O	R	R	L	C	Y	O	E
4	5	2	6	8	6	7	8	7	4	3	6	4
I	W	I	E	N	G	M	N	E	S	R	E	Y
7	6	7	5	2	8	3	2	3	7	2	7	8
O	B	B	A	S	E	A	F	B	S	O	T	W
5	7	5	3	4	7	5	8	3	5	4	8	6
Y	A	T	O	O	C	O	S	U	S	U	K	O
2	6	7	8	7	8	7	8	6	8	5	4	3
R	U	L	I	E	L	S	L	N	S	U	R	N
6	5	3	2	4	5	2	5	2	5	2	3	5
D	C	D	E	S	C	V	E	E	E	R	S	D

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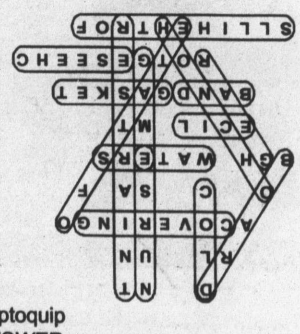
— King Crossword —
Answers
Solution time: 25 mins.

Magic Maze
ANSWERS:



Cyptoquip
ANSWER:

I know a guy who compliments his fellow carpenters by declaring "Boy, you do miter fine work!"

CLASSIFIEDS

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-8

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Michael & Andrea Keane for a Variance to construct an addition in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 10 OVAL ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-9

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of David Rota for a Variance to construct a single family home on the newly created lot in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 52 ALBERTINA STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-10

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of James & Karen Walker for a Variance to construct an addition in the rear setback in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 383 MANET AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-11

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 14, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Diana Woodbury for an Appeal of the Building Inspectors decision to issue a Finding pursuant to Title 17 as amended Chapter 3.4.5 (nonconforming structures) on the premises numbered 109 BELLEVUE ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

1/26/17, 2/2/17

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North Quincy High Teacher Returns From Antarctica

Cara Pekarcik Spends 6 Weeks On Reseach Expedition

NORTH QUINCY HIGH School science teacher Cara Pekarcik describes her Antarctic expedition during the school committee meeting.
Quincy Sun photo/Tom Gorman

By TOM GORMAN

North Quincy High School science teacher Cara Pekarcik spent six weeks this fall on a research expedition in the Southern Ocean off the western coast of Antarctica. She recently returned to Quincy to share her experiences with her students.

Pekarcik related details of her expedition during the school committee's Jan. 11 meeting. She explained that she is bringing what she experienced and learned in Antarctica into her classroom.

"I'm in the process of developing lesson plans that I will be utilizing in my classroom and working in coordination with the researchers," she said, adding that research conducted during the expedition "brings in some of the more current science…that applies to my teaching."

Pekarcik's expedition was part of the PolarTREC (Teachers and Researchers Exploring and Collaborating) program that sends teachers into the field with researchers to either the Artic or Antarctica to learn more about the polar regions and share their findings with students and the public.

Pekarcik, who has been teaching 10th grade biology, marine science and zoology at North Quincy High since 2006, applied for the program during the past six years because she wanted to develop a better understanding of her subject areas and bring the research experience into her classroom. She was selected in November 2015 and trained for a week at PolarTREC's headquarters in Anchorage, Alaska last February.

She began her journey in early September by flying to Dallas and after a layover, flew to Santiago, Chile and then to Puenta Arenas, Chile.

"All tolled, including layovers, it was a 29 hour travel day, or two, until I reached port...closer to my destination on the bottom of the earth," she said.

In Puenta Arenas, she then boarded the 308-foot icebreaker Nathaniel Palmer.

"It's owned by a US company and contracted by the National Science Foundation for research in the Antarctic," she said. "It's one of the only US icebreakers used in research."

She travelled through the Strait of Magellan and the Drake Passage into the open waters where at times she encountered rough seas.

"We did see seas conditions of about 25 feet on certain days which I loved, but not everyone did," she said.

Pekarcik said she worked with researchers from Woods Hole Oceanographic Institution, the University of Rhode Island, Old Dominion University and the University of South Florida. She spent 5-1/2 weeks on the ship conducting oceanographic research and experiments, collecting water samples in various areas of the Southern Ocean and around the Western Antarctic to study diatoms, a type of sea algae.

"Diatoms are the basis of the food chain all over the world, especially in Antarctica where they are able to photosynthesize, capturing the sun's light and then transferring that to all other animals through food sources," she said. "Diatoms are an important source of productivity in the Southern Ocean."

Pekarcik said the goal of the researchers was to collect the diatoms and run experiments and to find out how they reproduce and interact with other organisms. She said that since the onboard labs were kept at the same temperature as the water to keep the diatoms alive, she and the others had to wear insulated gear to keep warm during their experiments.

Pekarcik explained how she was able to use various tools that she uses in the classroom such as microscopes and learned advanced ways to isolate and culture cells.

"It's something we will definitely incorporate more in classroom activities," she said.

Additionally, she joined other researchers in conducting DNA and RNA sampling.

During her presentation, Pekarcik showed slides of the pictures she took during her expedition, including some of the wildlife, icebergs and scenery of the area.

Since Pekarcik also teaches zoology, she found the Antarctic wildlife interesting. She noted that seals, penguins, orca and humpback whales, penguins and seabirds abound.

"This certainly will add to the curriculum to talk about animals only found in this location of the earth," she said.

Pekarcik said one of the "coolest experiences" was collecting ice samples.

"We went out on small Zodiaks to sample the ice," she said. "I wasn't able to do it, but some of the researchers went in 'man baskets' and actually taken over the edge of the ship and put on the ice to sample some of the ice. It was a pretty exciting experience."

Pekarcik said that other oceanographic data was collected such as the water temperature and amount of light saturation in the water in order to "get an overall picture of the whole ecosystem in these different areas."

She said despite the snow and the ship's icy decks and that it was "rather cold most of the time" the experience was "really enjoyable."

Pekarcik said that Antarctica is "definitely a land of ice."

"It's very mountainous, lots of snow, with very different scenery each day," she said.

Pekarcik, who returned from her journey in late October, extended appreciation to the National Science Foundation that awarded her a grant to participate in the program.

She also thanked the school administration and Mayor Thomas Koch for their support allowing her to leave for such an extended period of time during the school year "for such a rare type of professional development opportunity."

"It's been an unbelievable experience," Pekarcik said.

North Quincy High School principal Robert Shaw called Pekarcik's expedition an "exciting role for a teacher, exciting for our science department, exciting for our school and the district."

He added that what she learned and experienced are "showing up in her classroom."

Committee member Barbara Isola told Pekarcik that her students will benefit from her Antarctic experience.

"This exposes students to a different world," she said.

School Supt. Dr. Richard DeCristofaro said Pekarcik's expedition "inspired us all."

"We are very proud of you and I know all of North Quincy High is very proud of you," he said. "I know you will share everything with your students and that they will become as passionate as you are. I thank you for representing the Quincy Public Schools from so far away."

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Quincy College 'On The Move' - *Page 2*

DPW Community Meeting Feb. 22 - *Page 12*

Quincy Girls Defeat NQ In Swimming - *Page 18*

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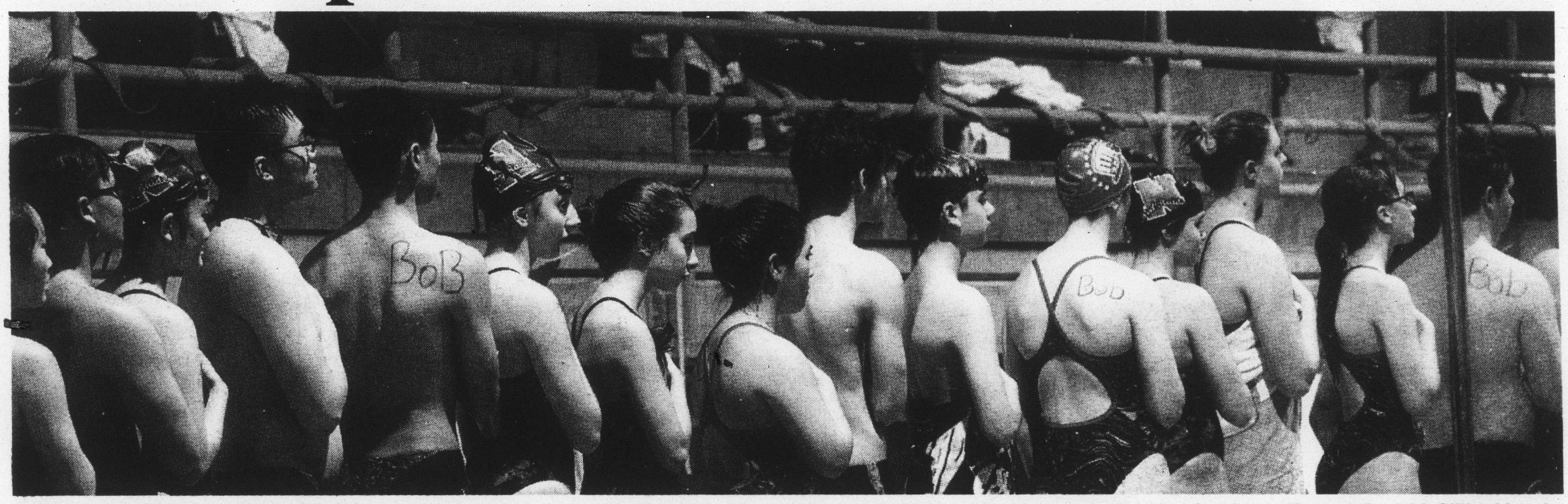
'He Inspired Kids To Do Their Best'



QUINCY AND NORTH QUINCY High School swim teams pause to remember beloved swim coach Robert "Bob" McGillicuddy at a meet Feb. 2 at the Lincoln-Hancock Pool. McGillicuddy, who taught middle school science for some 23 years and coached the Quincy/North Quincy school swimming and diving program for eight years, died Jan. 31 from complications with the rare disease Amyloidosis. He was 52 years old. Many of the swimmers wrote "Bob" on their shoulders and arms in tribute to their beloved coach. *Quincy Sun Photo/Robert Bosworth*

Beloved Educator Robert 'Bob' McGillicuddy Remembered As Caring Teacher, Dedicated Swim Coach Who Always Took Care Of His Students And Athletes

By ROBERT BOSWORTH

Plans are in the works for a special tribute and permanent memorial for beloved middle school teacher and high school swim coach Robert "Bob" McGillicuddy who passed away from a rare disease Jan. 31 with family at his side.

He was 52 years old.

McGillicuddy died from complications from amyloidosis, a rare disease. Amyloidosis is a condition in which an abnormal protein called amyloid builds up in tissues and organs and can lead to organ failure and death.

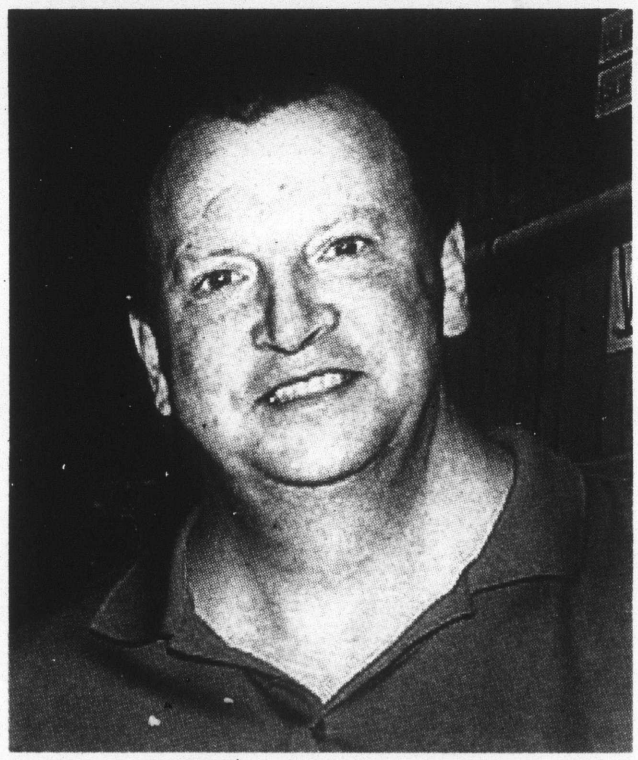
McGillicuddy was diagnosed with the disease last month. He had been in declining health since December.

McGillicuddy's death saddened the school and city community. He was a beloved and award-winning science teacher at Sterling Middle School and a dedicated high school swim coach.

School Supt. Dr. Richard DeCristofaro called McGillicuddy a "caring, giving, kind, generous and thoughtful" teacher who always took care of his students and athletes.

"In his 23 to 24 years in the Quincy Public School system, Bob McGillicuddy affected lives in the classroom and out of the classroom as a student-athlete advocate who always wanted our kids to do better. He had a very unique way of reaching so many kids and I think we tragically see that with his death," DeCristofaro said at the Quincy-North Quincy swim meet Feb. 2 – two days after the coach's passing.

STEPHANIE MACFARLAND, a senior captain on the North Quincy girls swim team, plays "Amazing Grace" on the violin in memory of the late high school swim coach Robert "Bob" McGillicuddy at the Quincy-North Quincy swim meet Feb. 2 at Lincoln-Hancock pool. Mr. McGillicuddy died from complications with the rare disease amyloidosis, Jan. 31. He was 52. *Quincy Sun Photo/Robert Bosworth*



ROBERT 'BOB' McGILLCUDDY
Quincy Sun File Photo/Robert Bosworth

"Kids are very, very upset about someone who was truly in their heart – and in their head – but more in their heart. And I think that was what Bob was really all about.

"He wasn't satisfied until everyone knew that they were cared for and loved. That's what we will miss most about Bob."

Swimmers paid tribute to their coach at the Feb. 2nd

Cont'd On Page 4

Palmucci Seeks Less Dense Development - *Page 3*
Lunar New Year Celebration Sunday - *Page 8*
Are You Addicted To The Internet? - *Page 9*

More Quincy news:
The Quincy Sun.com

Quincy College 'An Institution On The Move'

~President Peter Tsaffaras: 4-Year Degrees Will 'Enhance Opportunities For Students'

By SCOTT JACKSON

Quincy College could begin offering its students the chance to pursue baccalaureate degrees in a little more than a year and a half, but the official who has helmed the institution for the past half-decade said the school's mission would remain unchanged.

Peter Tsaffaras has served as Quincy College's president since 2011. During that time the school's enrollment has grown each year – from 4,495 in the fall of 2012 to 5,017 at the start of the current school year last fall. The number of full-time teaching faculty has also increased from 40 to 70 during that time frame.

"We're really a college that's on the move," Tsaffaras, 66, said during a recent interview inside his office on the seventh floor of Presidents Place, overlooking City Hall and the future Hancock Adams Green. "We're radically transforming this institution together.

"That includes the faculty and the staff, but to some extent it also includes the students who are really part and parcel of this whole movement to transform the institution so we can really take our rightful place among institutions of higher education in Massachusetts and New England but also that we can really be a significant factor in helping

Cont'd On Page 15

"FOCUSED ON TEACHING & Learning, One Student at a Time" is not merely Quincy College's motto. It is, as well, the embodiment of the way in which the Quincy College community conducts itself each and every day, including the manner in which all students, faculty, and staff are regarded and engaged. Pictured here in the Student Services Center are (left to right) Quincy College Financial Aid Associate Leanne DiLeo, Quincy College President Peter H. Tsaffaras, and Natural Science major, Nyla Williams. *Quincy Sun Photo/Robert Bosworth*

Firefighters Bowling Night Benefits Alzheimer's Research

Quincy Firefighters Local 792 will host its second annual Night of Bowling to raise funds for Alzheimer's Research Saturday, Feb. 18 from 7 to 11 p.m. at Olindy's Bowling Lanes, Quincy Avenue, Quincy.

Admission is $20 which covers the cost of bowling and rental of shoes, snacks, music and lots of great door prizes.

Tickets are available at the door.

Digital Deputy Initiative At Sheriff's Office

Norfolk County Sheriff Michael G. Bellotti announces his Digital Deputy Initiative at the Norfolk Sheriff's Civil Process Division. The Norfolk Sheriff's Office is the first sheriff's office in Massachusetts to implement this new program.

Deputy sheriffs have begun utilizing tablet computers on the road, allowing them to transmit updates on the status of service electronically to NSO's civil office. This program enables attorneys to receive electronic notification of services in real time and also allows attorneys to view the status of any services they have with our office online 24/7.

In the past, the transfer of information between civil deputies and the legal community relied on telephone calls and first-class mailings. This new program dramatically increases the speed of communication between our office and attorneys.

"The strength of this initiative is that it brings cutting edge technology to civil process, electronically transferring information from our deputies in the field to our civil process office, providing 'real time' communication on court documents to the legal community," Bellotti said.

"As elected officials, we have a responsibility to explore innovation and new technology and improve the services we offer to the public."

This initiative continues Sheriff Bellotti's commitment to improving and modernizing the civil process division to meet the needs of the legal community.

BEST IN CLASS

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  WASHINGTON MONTHLY
- RANKED #1 IN SALARIES AFTER ATTENDING
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Palmucci Seeks Less Dense Res. B Development

By SCOTT JACKSON

A proposed amendment to the city's zoning code would limit development in Residential B districts to three dwelling units and a related measure would impose a one-year moratorium on multi-family projects in those areas.

Ward 4 Councillor Brian Palmucci on Monday introduced both the proposed change to the zoning code and the moratorium. The items were referred to the council's ordinance committee for review at a future date.

Under the city's current zoning ordinance, Residential B is defined as multi-family, low-density development; Residential A is single-family and Residential C is multi-family, medium-density. Palmucci's proposed ordinance would change the definition of Residential B to single-family, two-family and three-family developments.

The majority of land des-

Cont'd On Page 11

SOFIA HURLEY, a student at the Atherton Hough School and local musician from Houghs Neck, sang "The Star Spangled Banner" national anthem at Mayor Thomas Koch's "State of the City" address Jan. 31 in the Great Hall, James R. McIntyre Government Center (Old City Hall). Looking on with their right hand over their heart is from left Mayor Thomas Koch, former Mayor James Sheets, former Mayor Walter Hannon and City Council President Kirsten Hughes. *Quincy Sun Photo/Robert Bosworth*

Quincy To Host Presidents Day Winter Fest Feb. 20

The Presidents Day Winter Festival is coming, and officials in the City of Presidents hope to make it an annual celebration.

Quincy will host the Presidents Day Winter Festival – featuring live music, entertainment and other activities – on Monday, Feb. 20. The free event will take place on the Hancock-Adams Green between City Hall and the United First Parish Church in Quincy Center. It is set to begin at 4 p.m. and last until 7 p.m.

Mayor Thomas Koch hopes to shine a light on the new public space by creating an atmosphere of community. When the Hancock-Adams Green is completed – likely in the first half of 2018 – the mayor plans on dedicating the space for family-friendly events.

"Presidents Day is also the start of February vacation, so a family-friendly event is a great start," he said. "Quincy is the City of Presidents. We should be celebrating that on a grander scale and this is a good beginning. We plan on expanding the festival and making this an annual tradition."

On tap for the event is the Massachusetts National Guard Quintet, teen pop group 3D, a 35-foot snow slide for children, fire breathers, stilt walking, a video game truck, marionette show and green screen photo booth. The live entertainment will be available outside and inside the two historic buildings; tours of City Hall and United First Parish Church will also be offered.

The city of Quincy is producing the 2017 Presidents Day Winter Festival in conjunction with JM Productions; it is also a partnership between the city and Discover Quincy. Additional support has been provided by the United First Parish Church and Adams National Historical Park.

Quincy Police Scam Alert

Quincy Police Crime Prevention Officer Lt. Daniel Minton is alerting residents of a scam involving phone calls that pretend to be from the IRS.

According to Lt. Minton, A recent wave of telephone calls, mostly on landlines are hitting the Quincy area. One of the consistent telephone numbers showing up in caller ID is 646-844-7042 out of Manhattan.

The caller, in a stern voice recording, states that they are from "The Tax Fraud Investigation Department" and they are currently looking into your case. He strongly advises the victim to call the above number as there is a pending arrest warrant out for the recipient.

A call back to the number resulted in a busy tone or not accepting calls at this time. A check of "Google" for the above number showed numerous people complaining about the same scam.

Ask the GEMOLOGIST

BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST

MAKE A WISH

A "wishbone" ring, which is fashioned in a symbolic V shape, is steeped in the age-old practice of pulling on the two sides of a turkey wishbone, with the person left with the "V" being said to have all her wishes come true. The wishbone ring was immensely popular during the Victorian era, when these personal pieces carried a deep romantic and personal meaning for their wearers. Today, wishbone rings remain popular as lucky charms and are also prized by women who wish to wear their engagement rings with a diamond wedding band that will not rub against their solitaire stones.

The wishbone ring's V shape perfectly accommodates a large diamond worn above it.

The Victorians loved symbolic jewelry. Their designs often featured gems, shapes and colors that had hidden meaning. It's easy to see why the wishbone would capture their imaginations. For the latest trends in jewelry, please visit our store at 1402 Hancock St. in Quincy Center or call 617-773-3636. If we don't have what you're looking for in stock we will get it, usually within 72 hours with no obligation on the customer's part. Complete written appraisals are available.

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ONLINE: colonialfed.com

Some additional facts: Rate/Annual Percentage Rate (APR) effective as of 02/01/17 and may change. Applies to 1-4 family owner-occupied homes. Assumes a maximum 80% loan-to-value and first mortgage position. Subject to credit approval. A 15-Year Loan would be repaid in 180 equal monthly principal plus interest payments of $7.09 per $1000 borrowed, which do not include taxes or insurance premiums, if applicable. So your actual monthly payment will be greater. NMLS #409557

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KARA McGILLICUDDY (center), sister of the late Robert McGillicuddy, beloved teacher and swim coach, receives a bouquet of flowers from North Quincy junior captain Brenna Kirby (left) and Quincy junior captain Izadora Lenna at the Feb. 2 swim meet at Lincoln-Hancock School pool. Photo below: after receiving the flowers, many swimmers hugged Kara in a touching moment in memory of her brother Bob who coached high school swim teams for eight years. *Quincy Sun Photos/Robert Bosworth*

Teacher, Coach Bob McGillicuddy 'Inspired Kids To Do Their Best'

Cont'd From Page 1

meet. Some wrote "Bob" on their shoulder blades and arms in memory of their friend and mentor.

They lined up on the side of the pool with their heads lowered as Stephanie MacFarland, a captain on the NQ girls swim team, played "Amazing Grace" on the violin before the National Anthem.

A group of swimmers also hugged Bob's sister, Kara McGillicuddy, after presenting her with a bouquet of flowers. Many wiped tears from their eyes after embracing Kara who has helped promote the swim program with press releases about the teams' meets to local media.

Kara McGillicuddy, in an interview with The Quincy Sun before the meet, spoke eloquently about her beloved brother. She confided that Bob had a learning disability – dyslexia – and was afflicted with severe scoliosis as a young child growing up in Winchester. Both, ironically, would lead to his lifelong devotion to teaching and swimming.

Bob attended the University of Massachusetts at Amherst and studied to become an engineer. He also competed in Div. 1 swimming and water polo for the Minutemen.

"He was an engineer but I think it was too much for him to compete at that level," Kara said. "He had a learning disability – dyslexia – so he had to take some time off from school. He met his wife and she had the most wonderful effect on him and he went back to college and he became a teacher."

Kara said Bob's decision to teach at the middle school level was no coincidence.

"He chose to teach middle school because in middle school in Winchester, he had to wear a back brace for much of his youth and it was a very tough time for him. The only way he could get out of his back brace was to swim. He became more adept at swimming but the kids weren't nice to him and they made fun of his back brace.

"It was a tough time for him but I think he wanted to go back and sort of rectify it all over again and make it easier for other kids."

The kids. Nothing was more important to Bob McGillicuddy than his students and his swimmers.

Asked what she would want people to know most about her brother, Kara replied:

"I think that he was a very fair person. I think he knew the difference between right and wrong and that he believed in people more than they believed in themselves. He always made people feel special.

"He always gave them an opportunity to let their talents shine," Kara said.

Regardless of their ability as a swimmer, he treated everyone the same and inspired them to achieve and to do their best.

"He gave everyone the opportunity to swim and he believed especially in Quincy and in a coastal community that kids should know how to swim," his sister continued. "Yeah, he gave them plenty of opportunities for kids who maybe weren't the best talent in the league but they got the opportunity to swim and maybe it took them a little longer to finish but when they did every-

Cont'd On Page 20

• On **Feb. 26, 1919**, the Grand Canyon is established as a national park. American geologist John Wesley Powell, who popularized the term "Grand Canyon" in the 1870s, was the first person to travel the entire length of the gorge in 1869. The harrowing voyage was made in four rowboats.

• On **Feb. 25, 1938**, the city of Miami gets its first drive-in movie theater. At their peak in the late 1950s and early 1960s, there were some 4,000 drive-ins across America.

• On **Feb. 23, 1945**, during the bloody Battle for Iwo Jima, U.S. Marines take the crest of Mount Suribachi. The iconic image of six Marines raising the American flag on the peak was taken by photographer Joe Rosenthal.

• On **Feb. 22, 1959**, Lee Petty defeats Johnny Beauchamp in a photo finish at the just-opened Daytona International Speedway in Florida to win the first Daytona 500. The race was so close that Beauchamp was initially declared the winner.

• On **Feb. 21, 1965**, in New York City, Malcolm X, a black nationalist and religious leader, is assassinated by rival Black Muslims while addressing his Organization of Afro-American Unity in Washington Heights.

• On **Feb. 20, 1985**, in a highly controversial vote, the Irish government defies the powerful Catholic Church and approves the sale of contraceptives, a major turning point in Irish history. Up until 1979, Irish law prohibited the importation and sale of contraceptives.

• On **Feb. 24, 1991**, after six weeks of intensive bombing against Iraq and its armed forces, U.S.-led coalition forces launch a ground invasion of Kuwait and Iraq. By the end of the day, the Iraqi army had effectively folded, 10,000 of its troops were held as prisoners and a U.S. air base had been established deep inside Iraq.

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Scam Alert From Quincy Police:

PHONE CALLS FROM THE IRS?

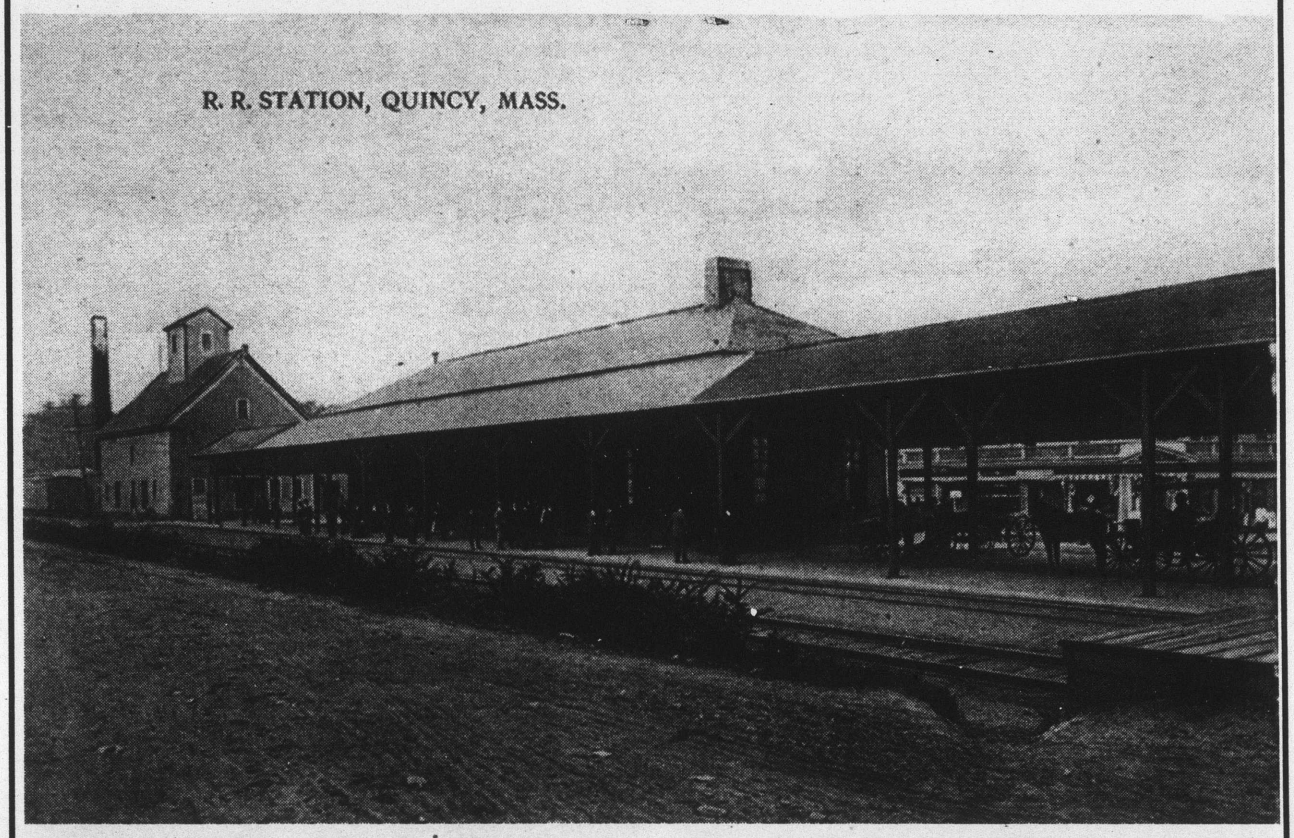
By LT. DAN MINTON
Quincy Police Crime Prevention Officer

A recent wave of telephone calls, mostly on landlines are hitting the Quincy area.

One of the consistent telephone numbers showing up in caller ID is 646-844-7042 out of Manhattan. The caller, in a stern voice recording, states that they are from "The Tax Fraud Investigation Department" and they are currently looking into your case. He strongly advises the victim to call the above number as there is a pending arrest warrant out for the recipient.

A call back to the number resulted in a busy tone or not accepting calls at this time. A check of "Google" for the above number showed numerous people complaining about the same scam.

Scenes From Yesterday



THIS 1915 postcard is a view of the old Quincy Center station on the Old Colony Railroad. It was located just south of where the present MBTA Red Line and commuter station is today. This view is facing north from Irving Place, a small dead-end street west of the tracks that is now part of Burgin Parkway. The old depot could be reached from Hancock Street on either Saville Street or Depot Avenue, both of which are now under McIntyre Mall. The building on the left was the A. J. Richard & Son Company that sold hay, grain and mason's supplies. The horse-drawn taxis on the right were owned by the Penniman family. This postcard was printed in German. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Quincy's Yesterdays

This Week
1940
77 Years Ago

St. Valentine's Day Blizzard Showed No Love

Digging themselves and their property out of the St. Valentine's Day Blizzard, one of the worst snowstorms of a generation, the people of Quincy have a vague idea-a peacetime picture-of conditions which the embattled Finns and Russians are facing under the cold shadow of the Arctic Circle.

It will take two days and $20,000 to $25,000 of municipal money to dig the city out from under the foot thick white shroud and restore Quincy life to normalcy, Mayor Thomas S. Burgin estimated.

The entire resources of the city were hurled, bright and early, into the task of digging Quincy out from one of the worst snowfalls in several decades. The depths of the snow was increased in places by a northeast gale that piled up great drifts which reached the depth of 10 and 12 feet in some cases.

Four small summer cottages owned by George Lord, 836 Sea St., and located at the beginning of Babcock Street, where it joins Sea Street, were demolished by the grinding ice churned up by the battering gale.

Hundreds of motorists were forced to abandon their cars on the snow-choked roads. **Quincy Patrolmen John Flaherty, Charles Ferrazzi, James Ford** and **Chester Inman**, manning an ambulance, took an East Weymouth man who collapsed on a bus, to Quincy City Hospital.

A contingent of Quincy firefighters led by **Captain Thomas Gorman** put out a fire at the home of **Patrick Gilcoine**, 60 Parker St.

QUINCY-ISMS

The Stop and Shop SuperMarket, Southern Artery, Quincy, was advertising "Fresh Killed Broilers for $ .19 a pound"... **Mrs. Agnes Koury**, president of the Sons of Lebanon Auxiliary, announced that a contribution toward the purchase of an iron lung will be made to the hospital fund... Members of the John A. Boyd Camp United War Veterans, were planning to observe the 42nd anniversary of the sinking of the battleship USS Maine in Havana, Cuba harbor. The sinking touched off the Spanish-American War... The boys of Troop Six Boy Scouts of America and Pack Six Cub Scouts of America attended church services at the Houghs Neck Congregational Church under the leadership of **Scoutmaster Russell Sines** and **Cubmaster Harold Shaw**... The political gossip column by **Carl Scrivener** in the Quincy *Patriot Ledger*, noted that **U.S. Representative Christian A. Herter** who spoke recently before the Quincy Women's Republican Club, is a possible GOP candidate for governor in 1940. (Editor's Note: Rep. Herter did not run for governor in 1940, but did run and was elected governor in 1952, serving two, two-year terms before stepping down.)... The Mohican Market, Chestnut Street, Quincy Center, was celebrating Bakery Week, Feb. 12 to 17, by offering a wide variety of baked goods, including layer cakes for $.29... The Women's Auxiliary of the Wollaston American Legion Post were notified the group had won a state citation for having a membership above the required quota... The Holy Name Society of the Most Blessed Sacrament Church, Houghs Neck, was sponsoring a football sports night Feb. 13 at the Atherton Hough School Hall. Members of the Boston College football team, the first New England team to play in a post-season bowl game, were in attendance. **Val Perry** was chairman of the event... The Quincy Lodge of Elks held their Annual Past Exalted Ruler Night at the lodge home. Plans were made for the initiation of many new candidates Feb. 18, the 35th anniversary of the lodge... Ann Miller, star of screen and stage, noted in an ad that "Chesterfields are Definitely Milder and Better Tasting"... The Quincy Theater, Hancock St., was featuring the film "Tower of London," starring Basil Rathbone, Boris Karloff and Vincent Price... The Wollaston Federal Savings and Loan Association, 80 Beale St., Wollaston, announced that the Real Estate department office would be open every Wednesday from 7 to 9 PM... Sears, Roebuck and Co., 1591 Hancock St., announced that the "Grand Opening of the Newly Enlarged Quincy Store" would be Thursday, Feb. 15, 1940... **Kenwood Allen Poulin**, son of Mr. and Mrs. Kenneth Poulin, 99 Nightingale Ave., South Quincy, celebrated his third birthday... **Myron Lane** had a starring role in "The Bratt" which the Wollaston Mothers Club was presenting Feb. 27 at the Wollaston Unitarian Church. (Editor's Note: Mr. Lane served as city councillor, council president and long-time district attorney of Norfolk County.)

AARP Massachusetts Fraud Watch Update

The following is a fraud watch and scam alert update from AARP of Massachusetts.

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

- **An Educator**: Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.
- **A Watchdog**: Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.
- **A Resource**: Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.
- **Free for Everyone**: Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1:

There's a new scam we recently heard about. A resident receives an official-looking letter from a law firm in the state, outlining a family member's prior criminal conviction, describing the verdict, and then stating there is an outstanding fine or fee. The letter directs the resident to send a check to clear the expense. If you receive a letter like this, contact local law enforcement.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

SCAM ALERT #2:

Ads for jobs guaranteeing you will make a certain amount of money or that you can work from home are probably scams. If you respond to the ad, you'll likely be asked to send money so you can either get the job, acquire more job listings, receive supplies to start a business at home, or obtain special "certification" that's supposed to get you a job. If an ad for a job sounds too good to be true, it probably is.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

SCAM ALERT #3:

Romance scams start with fake profiles on online dating sites. The scammer, who is conveniently working abroad, quickly builds a relationship with the targeted victim, exchanging photos, romantic messages, or even talking by phone. Then they will make a request: money needed for an emergency or maybe to plan an in-person visit. The target sends money, and then never hears from the love interest again.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

SCAM ALERT #4:

Scammers are now trying to get people to pay for big-ticket items they buy online with Amazon gift cards. Posing as sellers, scammers claim they need to sell a car or other item fast. They may claim they are in the military and are about to deploy. They'll tell you to pay with an Amazon gift card. This is a scam! Amazon gift cards can only be used to purchase goods on Amazon.com. If you share the code on the card with someone, you're giving that person control of the money on the card. By the time you figure out it's a scam, the money will likely be gone.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

Applications Available For Edith MacDonald Scholarship

Applications are available for the Edith B. MacDonald Scholarship given by the Seaside Gardeners of Squantum.

Any high school senior currently living in Squantum and any relative of a member of the Seaside Gardeners planning to attend a two year or four year college is eligible for the $1,000 award.

To be considered, applications must be postmarked by March 20th.

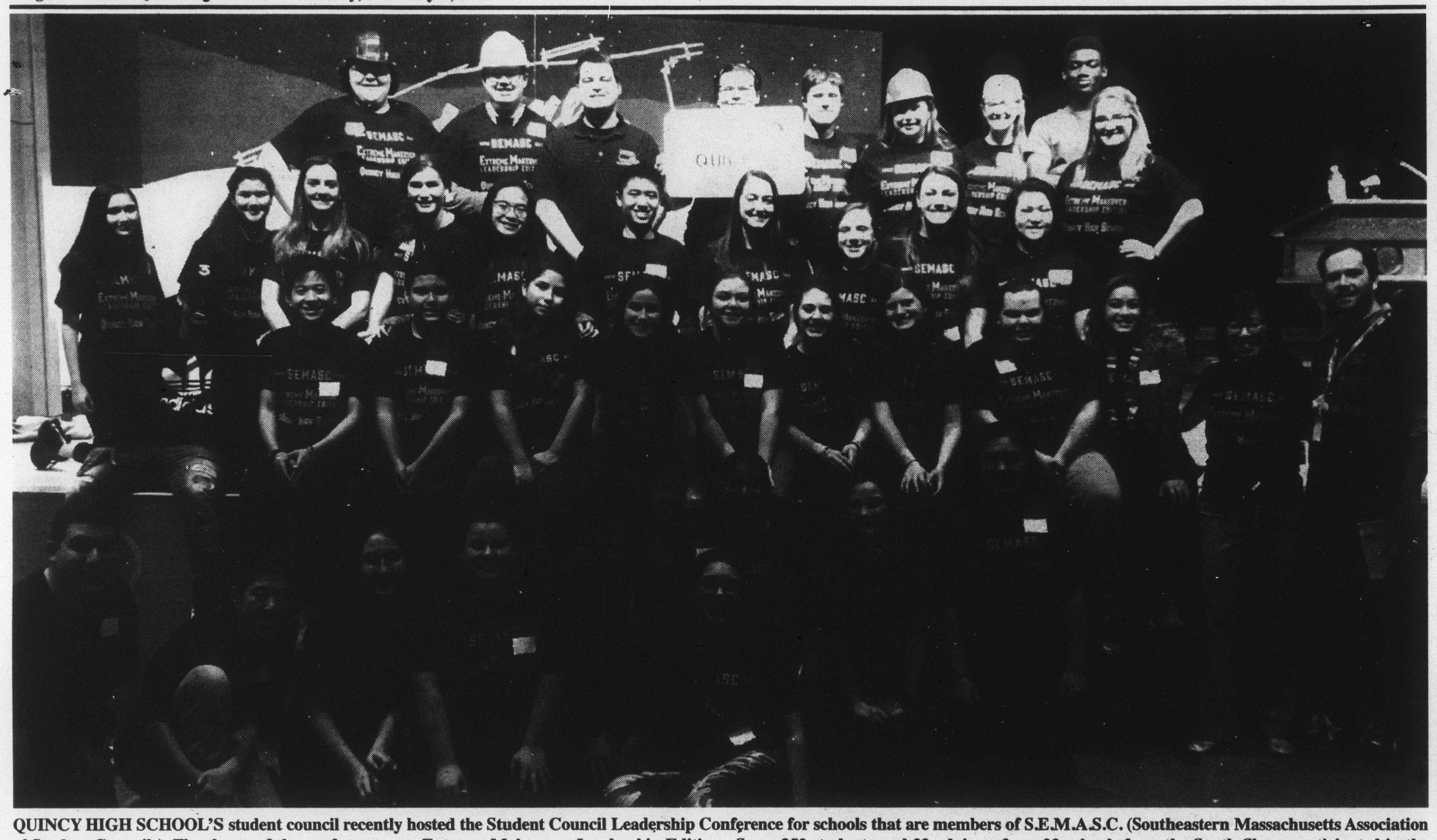
Contact Laurie Kelliher at 617-797-3349 or email her at lauriekelliher@verizon.net.

Two On Dean's List At Quinnipiac University

Two students from Quincy are on the Dean's List for the fall semester at Quinnipiac University in Hamden, CT.

They are:

Rachel Hoban and Mitchell McGowan.



QUINCY HIGH SCHOOL'S student council recently hosted the Student Council Leadership Conference for schools that are members of S.E.M.A.S.C. (Southeastern Massachusetts Association of Student Councils). The theme of the conference was Extreme Makeover: Leadership Edition. Some 352 students and 33 advisors from 22 schools from the South Shore participated in the event.

Photo Courtesy Quincy High School

'Nova Scotia And Immigration From British Isles To NE' Tonight

Robert Allison, professor of history at Suffolk University, will be the guest speaker at the Quincy Historical Society Thursday, Feb. 9 at 7 p.m. at the Adams Academy, 8 Adams St., Quincy.

Professor Allison's program is entitled "Nova Scotia and Immigration from British Isles to New England." He will discuss the significant but often overlooked role that Nova Scotia played in immigration from the British Isles to the United States.

Throughout the 19th century, Scots, Irish, English, and Welsh who emigrated frequently went first to Nova Scotia. While many remained, many moved on to the United States, and particularly to New England. Residence in Nova Scotia might be a few years, but also might be a generation. Any number of present-day New Englanders will mention in conversation that an ancestor came from Nova Scotia. Yet, this aspect of the immigration story seems never to have been integrated into our collective historic narrative.

Professor Allison will help right this omission by giving us a sense of the reasons for the Nova Scotia to New England progress and of the motives and experiences of the people who lived it.

Allison is the author of several books of history focusing on Boston and New England and on the Revolutionary era. He is among the most popular lecturers on historical topics and makes frequent appearances on Boston television and radio.

This program is co-sponsored by the St. Andrew's Society of Massachusetts and Quincy Historical Society.

Everyone is welcome. There is no admission fee.

Local Programming Highlights on ... QATV

Quincy Access Television
88 Washington Street
Quincy, MA 02169
617-376-1440

Public Access Channel 8	Government Access Channel 11
Thursday, February 9	Thursday, February 9
7:30pm: Middleboro @ North Girls BB 1/26	12:00pm: City Council 2/6
9:00pm: At the Library Concert: NQ/QChoir	6:30pm: FYI: QHD Hepatitis C
	7:00pm: AM Quincy: License Board Update
Friday, February 10	8:30pm: At Your Library: February
6:30pm: Governor's State of the Commonwealth	
8:30pm: Mayor's State of the City Address	Friday, February 10
	7:00pm: Good Deeds: Update
Saturday, February 11	7:30pm: AM Quincy: The Kennedy Center
10:00pm: Quincy Band Showcase	8:00pm: At the Library Concert: Allison
11:00pm: Battle in Studio A	
	Saturday/Sunday, February 11/12
Sunday, February 12	10:00am: At Your Library: February
10:00am: Bethany Congregational Service	12:00pm: City Council 2/6
11:30am: Good News	4:30pm: AM Quincy: Licens Board Update
	5:30pm: Good Deeds: Update
Monday, February 13	7:00pm: City Council 2/6
6:00am: LIVE: AM Quincy w/Joe Catalano (audio)	
11:30am: LIVE: Currently in Quincy	Monday, February 13
	6:30pm: FYI: QHD Osteopenia
Tuesday, February 14	7:00pm: Governor's State of the Commonwealth
7:30pm: Quincy in Focus	
8:00pm: Childhood Asthma & Allergies	Tuesday, February 14
	6:00pm: Health Links: Hearing Aids
Wednesday, February 15	
9:30pm: Sound Advice	Wednesday, February 15
10:00pm: The Constitution: Then & Now	7:00pm: Currently in Quincy-The Interviews E 14

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

About My Wife, Abigail Adams Feb. 22

In honor of Presidents Day, John Adams (portrayed by George Baker) will be at the Kennedy Center on Wednesday, Feb. 22nd at 10 a.m.

John will talk with admiration, humor and affection about his wife, Abigail Adams, the First Modern American Woman and describes how Abigail defied the sexist conventions of her time, that married women could not own property, and with her amazing financial skills and insights made the Adams family prosperous. She helped found the new nation and raised their son, John Quincy Adams, to become president.

This program is full of details of Abigail's life which most people don't know. It is told from the perspective of a husband talking about his wife, and contains the story of their romance, challenges, trials and accomplishments which makes them sound like ordinary people living in extraordinary times.

To register for this event or for more information call the Kennedy Center at (617)376-1506.

Grandparents, Grandchildren Bond Feb. 15

Would you like to improve your relationship with your grandchild young or old?

Join the Quincy Council on Aging on Wednesday, Feb. 15th at 10:30 a.m. at the Kennedy Center in Quincy to learn new ways to nurture your relationship with your grandchild.

For centuries, the relationships between the oldest and youngest members of families were precious. Today, things have changed so much and the demands of contemporary culture - from cell phones and social media to afterschool activities and school pressures - can weaken these bonds.

Learn more about societal changes and how to approach them with a spirit of empowerment rather than fear. Get your questions answered. Learn about strategies to strengthen these bonds - regardless of whether your grandchildren are newborns, in school or launching careers.

This information and interactive workshop will be presented by Andrea J. Fonte Weaver, Founder and Executive Director of Bridges Together, Inc. and a nationally recognized intergenerational specialist.

Registration is required for this presentation. To register, call the Kennedy Center at (617) 376-1506.

Quincy Symphony Orchestra Concert Feb. 26

The Quincy Symphony Orchestra (QSO) under the direction of Music Director Yoichi Udagawa continues its season with a concert on Sunday, Feb. 26th at 2:30 p.m. at the Lloyd Hill Performing Arts Center, Quincy High School, 100 Coddington St.

The concert will feature SUK Fantastic Scherzo Op. 25, LIADOV Enchanted Lake Op 62, Smetana The Moldau, DEBUSSY Petite Suite L 65, and LISZT Les Preludes S 97.

Free parking is available on site. For more information, call 800-579-1618 or e-mail at: info@quincy-symphonyorchestra.org

Merrymount Park Moonlight Stroll

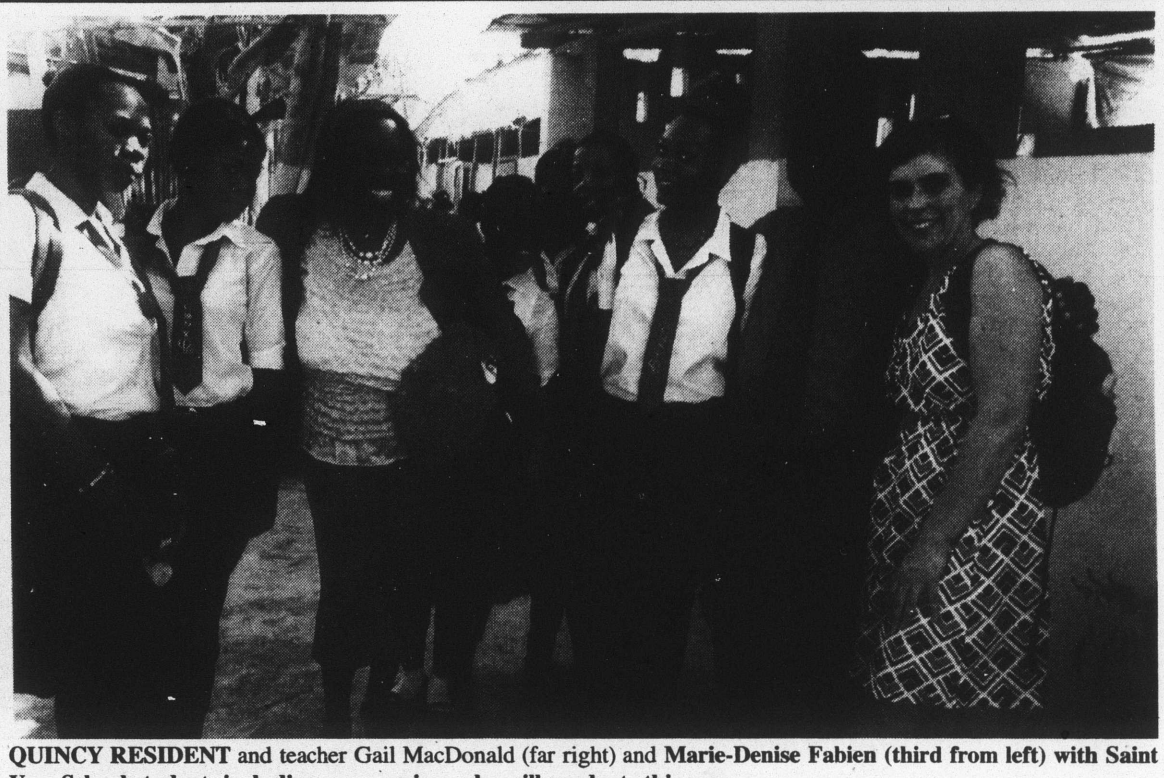
The Park Department's Environmental Treasures program will host a free moonlight stroll through Merrymount Park with Park Dept. Director Paul Franz on Friday, Feb, 10.

The tour will begin at 7 p.m. at the Park Department building, One Merrymount Parkway (on the right as you are heading up to Pageant Field). The walk will include fun facts about the department's work.

After the walk, Franz will invite participants back to his office for a fireside chat, including the fascinating story of how a large fireplace came to be there. Participants will have the opportunity to roast marshmallows and make s'mores! Optional: bring flashlight.

For more information and rain/snow date rescheduling, call 617-472-0799.

MARIE-DENISE FABIEN presents a backpack donated by a Quincy resident to a young student at the Saint Yves School Haiti.



QUINCY RESIDENT and teacher Gail MacDonald (far right) and Marie-Denise Fabien (third from left) with Saint Yves School students including some seniors who will graduate this year.

Celebration At Saint Yves School Haiti An Outstanding Event

A Christmas celebration at the Saint Yves School in Haiti was a big success thanks to the generosity of many local residents, schools and businesses who continue to support the school.

The huge success of the event was due to the great contribution of many Quincy residents, schools and businesses namely: Bernazanni Elementary School, North Quincy Inter Ac Club, Walgreens, Covenant Church, Attorney Burke, Attorney Dolbec, Mrs. Julie Berberan and many more.

The preparation for the celebration began in October 2016. At that time approximately 250 backpacks, school supplies as well as bags of rice, beans, bottles of oil and other donated or purchased items in Quincy stores were shipped to Haiti.

By mid-December, Gail MacDonald – a Quincy resident, a teacher and a great supporter of Saint Yves since the earthquake which destroyed the school on January 2010 – made the trip to Haiti. Her purpose was to personally distribute the gifts at the school which before the seism was a three story building and accommodated 350 students from grades K-12.

Gail travelled with Marie-Denise Fabien and Grace L'Or Jean, daughter and granddaughter of the school co-founder, the late Attorney Joseph Fabien. They were welcomed by Mrs. Tita Fabien, the widow of the co-founder and an amazing helper at Saint Yves, and Professor Jacques Robert Jean Louis, the principal, along with many staff members of the school.

The magnificent event began on Dec. 19 at about 9 a.m. Father Lucien of the neighborhood Parish of Sacred-Heart opened the festivities with the blessing of the school with the blessing of the students, teachers staff members as well as the ongoing rebuilding site of the school. While a variety of tasty Haitian gourmets such as pate sandwiches made of tuna and pica pica and much more were delivered to the students, Santa Claus came unexpectedly. He was loaded with his huge bag full of toys, and wonderful gifts sent especially by the people of Quincy. The students beautifully dressed in blue white and pink rose from their benches full of joy.

They came to the yard to greet Santa with some spectacular songs which they prepared especially to greet Santa such as "Santa Claus - Do Not Forget The Children of Haiti" and "Little Father Noel." Santa proceeded to meet the kindergartners in their newly constructed classroom thanks partially to a donation from the Covenant Church in Quincy Center. Each child individually received a backpack full of school supplies and toys along with a red Chinese decorated envelope. In each envelope there was enough money for a meal with their family at Christmas. All of the teachers received a gift bag including clothing and a money envelope. At the end of the joyful party everyone had a smile on their face; everyone rejoiced everyone left the school happy.

Today, Saint Yves School accommodates over 250 children from K-12 in two sessions. The school is located in a densely populated area where there is a great need for education. With the help of the Good Samaritans of Quincy, who participated in our fundraiser at the Knight of Columbus in Quincy, six new classroom were built. The goal is to build a two-story anti-seismic school which can accommodate 500 children.

There are a huge number Good Samaritans all around Quincy who have made this event and the rebuilding possible over the past six years. While they are too numerous to cite thanks and blessings are extended to all of them.

Fabien and MacDonald would like to recognize all the local businesses and organizations who have contributed to this most recent effort: Pastor Karen Palmatier of Quincy Covenant Church, Walgreen's on Quincy Avenue, North Quincy High School's Interact Club and Mrs. Susan Lynn of the Bernazzani School. These businesses helped provide a very happy Christmas season for the children of Saint Yves. Attorneys George Burke, Robert Dolbec and James Gavigan; Dr. Virginia Ward, Dr. James Chritchlow, Messias Sanon Eagle Shipping Line, Tuffs Healthcare, Mr. and Mrs. John and Lucy Fair, Mr. and Mrs. Jane O'Shea, Mr. and Mrs. Helen Cameo, Mrs. Nancy Thomas, Ms.Colleen Stevenson, Mrs. Sandy Martines, Elsie Laguerra Cardoza, manager Amy, Comeback Physical Therapy, Marie Dyer and Mr. Larry and Mrs. Leah Shea. We are thankful to those who welcomed and helped at the School in Haiti: School Principal Professor Jacques Robert Jean-Louis, Titan Jean Fabien, Joseph Jean, Henry Jean, Watson Professor Bertrand Professor Richard and all the school staff.

The Saint-Yves Foundation is a nonprofit organization and all donations are tax deductible. Contributions can be made at any Citizens Bank location, account # 1320715580. "Thank You," said Marie- Denise Fabien, "with God's help and your help we are rebuilding."

Saint Rock Haiti Foundation (SRHF) Gala

The Saint Rock Haiti Foundation (SRHF) Gala, "Building Hope Together," will take place at Granite Links Golf Club Thursday, March 2 at 6 p.m. The gala celebrates the 15th anniversary of SRHF.

Nannette Canniff and Father Gerald Osterman, SRHF board members and co-founders of the St. Boniface Haiti Foundation, will serve as Honorary Chairpeople of the event.

"I am very honored to serve as a board member and Honorary Chair for SRHF, an organization that does so much for the people of Haiti," Canniff said. "During the recovery efforts of Hurricane Matthew, the SRHF Centre de Santé quickly deployed community health workers and medical assistance to those individuals most impacted by the devastation of the storm."

Tickets are $125 each and include dinner and program. Tickets can be purchased from Gala Committee members, online at www.saintrock.org, or by sending a check to SRHF, 372 Granite Ave, Suite 1, Milton, MA 02186.

The Flatley Foundation, Presenting Sponsor, has again agreed to match all funds raised for this event.

Nadia Raymond, RN, MSN, MHA, will be the keynote speaker for the event. Raymond is a critical care nurse at Brigham and Women's Hospital and works in nursing development and nursing education in Haiti through Partners in Health. She also serves on the board of EqualHealth, a nonprofit organization dedicated to advancing nursing and medical education in Haiti.

The Saint Rock Haiti Foundation is a 501(c)(3) non-profit agency working to provide health care and social services to the Saint Rock community and 94 percent of all funding goes directly to the medical clinic and community outreach programs. Parishioners from St. Agatha's and others from the greater Boston area volunteer several times a year in Haiti, helping the Haitian staff there in a variety of ways, including providing basic health care and supporting community development projects.

This annual event, sponsored in part by St. Agatha Parish Global Outreach Ministry, raised over $320,000 last year and the committee is hoping to surpass that amount this year.

Jocelyn Bresnahan, President of SRHF, said, "We are so grateful for the support of our sponsors, donors, and volunteers who have made it possible for us to meet this 15th anniversary milestone."

The Gala Committee is soliciting items for the silent auction and offering sponsorship opportunities. For tickets, sponsorship, or auction questions, please email saintrockhaiti@gmail.com or contact Mary McLaughlin at 617.794.9644 or Mary Keally at 617.333.0106. For more information about the Saint Rock Haiti Foundation, go to www.saintrock.org or find us on Facebook—Saint Rock Haiti Foundation.

Dependable Cleaners Presidents' Day Coat Sale

Dependable Cleaners announces its annual President's Day Coat Sale.

In honor of President's Day, Dependable Cleaners will be cleaning coats for just $8.88 each. Customers are free to bring in as many coats to be cleaned as desired. The past winter storms were a battle on your coats; care for them now and save.

Exclusions will apply to leather, suede, and fur coats, which will be cleaned at $5 off the regular price. Customers who utilize our Free Home Delivery Service are eligible to participate in the coat special.

Dependable Cleaners will accept coats from Monday, Feb. 20 through Friday, Feb. 24. Dependable Cleaners' Delivery Service will return your coat to you on your regularly scheduled delivery day.

For more information, visit: www.Dependable-Cleaners.com

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WHAT'S COOKING
with
Marie & Susie
By MARIE D'OLIMPIO and SUSIE FALCO

Wondrous Apple Goopala

By MARIE

"This is one of those special things that while it's in the oven baking it smells up your house with such wonderful scents – the kind that will remain in your kid's memory forever!"

"It sort of like the inside of an apple pie but has chopped pecans and whipped cream all over it."

"Yummy!" – quote from Peter Rock, creator of this recipe.

APPLE GOOPALA

8 medium sized apples peeled, cored and sliced
1 cup brown sugar
2 tablespoons flour
½ teaspoon cinnamon
1 tablespoon fresh orange juice
1 tablespoon fresh lemon juice
1 tablespoon grated orange peel
¾ cup of flour
¼ teaspoon salt
6 tablespoons unsalted butter
½ cup pecans, chopped
Whipped cream

Preheat oven to 375 degrees.

Grease a 2 and ½ quart deep casserole dish. Mix apples, 1/2 cup of the sugar, 2 tablespoons flour and cinnamon in a large bowl transfer to prepared pan. Combine orange juice, lemon juice and orange peel and pour over.

In a bowl mix the ¾ cups of flour, salt and remaining ½ cup sugar. Add butter and cut mixture until it resembles coarse meal. Add pecans. Spread over apples and bake until apples are tender and top is brown about 50 minutes.

Serve warm, topped with whipped cream.

Broccomole

By SUSIE

Here is a great recipe for any party or gathering.

I know everyone has heard of guacamole, but here is a great recipe for a different kind of "mole" – broccomole. This dip/spread is loaded with nutrition and flavor. It will have your fans craving for more! Serve with vegetables, crackers, or chips. Simple and delicious. Hope you enjoy!

BROCCOMOLE

- 3 cups chopped fresh organic broccoli
- 1 jalapeno, chopped, seeds removed (optional, but recommended, otherwise you can use just a bit of salsa for extra flavor)
- 2 Tbs green onions, chopped
- 1-2 Tbs olive oil
- 4 ounces organic cream cheese, or vegan cream cheese (I love kite hill brand!)
- 1 tbs cilantro OR parsley if you are not a fan
- 1/2 tsp sea salt
- 1/2 tsp garlic powder or 1 clove minced garlic

Instructions

1. Cook the broccoli in salted water until soft.
2. Drain broccoli very well. Cool a bit
3. Transfer to a food processor. Add the remaining ingredients and process until smooth, add additional olive oil for a smoother texture.
4. Serve warm

Quincy Lunar New Year Festival, Food Market Sunday

More Than 8,000 Expected At NQHS

More than 8,000 people are expected at North Quincy High School on Sunday, Feb. 12th from noon to 6 p.m. for one of the biggest Lunar New Year Festivals in the region.

Celebrating its 29th year, the Lunar New Year Festival is free and open to guests of all ages. The snow date is Sunday, Feb. 19th.

Hosted by Quincy Asian Resources, Inc. (QARI), Lunar New Year Market and Food Festival will open with a traditional Lion Dance at noon, followed by hours of live entertainment and karaoke, local marketplace vendors, local Asian restaurants and interactive games for people of all backgrounds and cultures to enjoy. The festival begins with the traditional Lion Dance at noon, performed by the Rhode Island Kung Fu Club.

The festival will also feature a Super Smash Brothers Competition as well as a section devoted to game booths that are designed, organized and run by the QARI Youth Service Corps. – a group of over 200 middle school and high school volunteers.

A highlight of the festival is the 2nd Annual Best Asian Restaurant competition, where Quincy-area restaurants will participate in a contest that allows visitors to purchase food using a carnival-styled ticketing system and voting for their favorite contestant. The winner of last year's competition and the reigning champion, JP Fuji Group, will present the award to the new winner during the festival.

The festival is part of the global celebration of the Lunar Year of the Rooster. Occupying the 10th position in the Chinese Zodiac, the spirit of the rooster symbolizes such character traits as diligence, courage, resourcefulness and confidence.

The festival is made possible due to the generosity of Presenting Sponsor South Cove Community Health Center; Diamond Sponsor, The City of Quincy; Jade Sponsors, Carney Hospital, Tufts Medical Center, State Street Corporation; Gold Sponsors, Bank of Canton, Beth Israel Deaconess Hospital – Milton, Eastern Bank, Foxwoods, JP Fuji Group, Kam Man, Quincy College, Quincy Health & Rehabilitation, Rockland Trust, South Cove Manor Nursing Home, South Shore Bank, South Shore Mental Health, The Epoch Times, Tufts Health Plan, UnitedHealth Care Community Plan along with dozens of other businesses, community organizations, and government and social service agencies.

Free parking and easy access from the Red Line at the North Quincy MBTA near North Quincy High School, a large food court featuring a food festival competition, and more than 100 volunteers from the community will help to make this an event to remember.

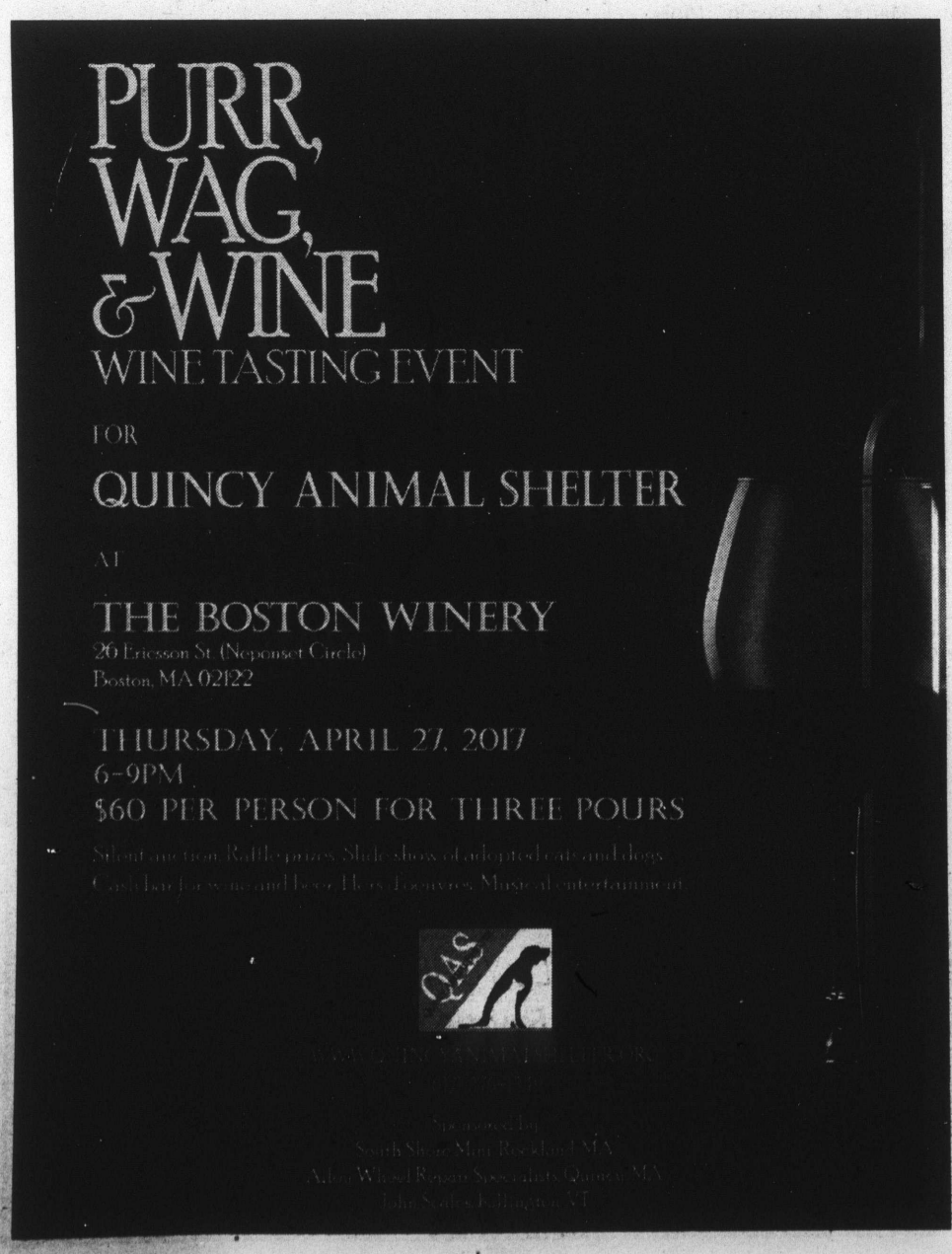
In the event of bad weather, the festival may be rescheduled for Feb. 19th with announcements on QARI's Facebook page and local media channels. Information is available at www.quincyasianresources.org.

Two Quincy Students On Norwich Dean's List

Two students from Quincy are on the Dean's List for the fall semester at Norwich University in Northfield, VT.

They are:

Brandon Charles Beal and Yushan Xireli.



Are You Addicted To The Internet?

A Message From The Quincy Health Department

RUTH JONES

By RUTH JONES BSN, RN, BC, CP-FS

Internet addiction is defined as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to compulsive gambling. Many Internet users may acquire an emotional attachment to on-line friends and the actions that they create on their computer screens. Internet users take pleasure in attributes of the Internet that allow them to encounter others, socialize, and interchange ideas through the use of chat rooms, social networking websites, or virtual populations. Other Internet consumers spend infinite hours researching matters of interest Online or "blogging". Blogging is a shortening of the term "Web log", in which people will post commentaries and retain a systematic chronicle of events.

We love our technology; our smartphones, tablets, social media and the Internet, and more and more we are confronting the hard truth: that we love it to excess. A 2014 study determined that about 16% of 18- to 25-year-olds are entangled in compulsive Internet use.

Comparable to other addictions, those experiencing Internet addiction use the virtual fantasy world to connect with real people through the Internet, as a replacement for actual human connection, which many are unable to attain naturally.

While Internet addiction is not officially recognized in the United States as a mental illness, there is a rising concern among medical practitioners and health officials here who see the necessity to address the issue and offer therapy for it, and treat the phenomenon as something more complex than merely a social dilemma.

Research has revealed that excessive technology and Internet use can create dependence and addiction, neurologically and physically. From birth through adolescence, children are particularly vulnerable because the brain develops through patterns of use and through human connections. New cultural norms that are technology and Internet-centered, habits of extreme use and the way the mind can quickly turn a bad habit into a compulsion, has transformed this social phenomenon into a pressing health concern. Underlying the problem is the deeper damage that this dependence can trigger. Excessive use often becomes a source of chronic tension, compromised physical health, emotional anguish, diminished performance at work and school, and a barrier to intimacy.

Science has already recognized that early or excessive use of screens and digital devices alters us neurologically, some more than others. It's distinctive for each individual and it is essential to understand your own wiring.

So how can you recognize the signs of Internet addiction? Pay attention to the following clues:

- Preoccupation with the Internet including thoughts about previous on-line activity or anticipation of the next on-line session.
- Use of the Internet in accumulative amounts of time in order to attain satisfaction.
- Repetitive, ineffective attempts to control decrease or stop Internet use.
- Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down use of the Internet.
- Jeopardizing or risking loss of significant relationships, job, educational or career opportunities because of Internet use.
- Lies to family members, therapists, or others in an effort to conceal the magnitude of involvement with the Internet.
- Using the Internet as a way to escape from problems or to relieve feelings of hopelessness, guilt, anxiety or depression.

The consequences of Internet addiction can be extensive resulting in personal, family, academic, financial, and occupational complications that are characteristic of other addictions. Impairments of real life relationships are interrupted as a result of excessive use of the Internet. Individuals suffering from Internet addiction spend excessive time in solitary seclusion, eliminating time with real people in their lives, and are often observed as socially awkward. Those suffering from Internet addiction may attempt to conceal the amount of time spent on-line, which can result in and the destruction of previously stable relationships.

Some experiencing Internet addiction may generate on-line personas or profiles where they are able to modify their identities and fantasize that they are someone other than themselves. Those at highest risk for fabricating a secret life are those who agonize with feelings of low self- esteem, inadequacy, and fear of disapproval. These negative self-concepts can lead to clinical problems of depression and anxiety.

Kids spend an increasing amount of their formative years online, and it is a habit they carry into adulthood. However, this may spiral out of control and even become an addiction. What parents, teachers, health professionals and so many others can already see from children and adults who display an extremely problematic relationship with tech and the Internet is that they need help.

Children respond well to clearly explained rules regarding technology and Internet use, and do best with parents who enforce them consistently. Parents of infants and toddlers should heed the guidelines that are available, such as the American Academy of Pediatrics' recommendation of no screens of any kind for infants under 2 years old.

It is not uncommon for those who attempt to quit their Internet use to encounter withdrawal including: anger, depression, relief, mood swings, anxiety, fear, irritability, sadness, loneliness, boredom, restlessness, procrastination, and upset stomach. Being addicted to the Internet can also be the source of physical discomfort or medical problems such as: Carpal Tunnel Syndrome, dry eyes, backaches, severe headaches, eating irregularities, personal hygiene issues, and sleep disturbance.

The initial step to combat Internet Addiction is to determine if there is a problem. We must acknowledge the complications that exist with our new norms at home, work and school. There is plenty of room for improvement; however, the biggest danger is denial. A Certified Addictions Counselor trained in identification and treatment of Internet addiction can effectively perform an assessment to determine what level of care is most appropriate for you or a loved one.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

33 Local Students On Bridgewater Dean's List

Thirty-three students from Quincy are on the Dean's List for the fall semester at Bridgewater State University.

They are:

Marina Boskovic, Molly Brown, Carmen Chen, Christopher Coughlan, Molly Cunha, Jenna Curren, Kimberly Driscoll, Herlintz Edouard, Kathryne Farina, Clint Galac, Kliton Gora, Andrew Johnson, Curran Jorgensen, Hannah Kirby, Zachary Latini, Marie Lavigne, Wei Lin, Wai Lui, Melissa Ma, John Madden, Sophia Maniscalco, Leann McColgan, Molly Minton, Amy Murphy, Drew Myers, Olivia Noonan, Meaghen O'Flaherty, Liana Orfonidiy, Kristyn Pieper, Courtney Sheridan, Rachel Smith, Tayla Tervakoski, and Melissa Zeng.

16 Residents Receive Academic Honors At Framingham State University

Sixteen students from Quincy have earned academic honors at Framingham State University for the fall semester.

They are:

Robert Fitzgerald was placed on the Dean's List.

Daniel Gould was placed on the Dean's List.

Patrick Gould was placed on the President's List.

Jane Minton was placed on the President's List.

Christina Morrissey was placed on the President's List.

Savannah Morrissey was placed on the President's List.

Manna Zhou was placed on the President's List.

Nicole Larkin was placed on the Dean's List.

Cynthia Nelson was placed on the President's List.

Jessica Ball was placed on the Dean's List.

Ashley Bergin was placed on the Dean's List.

Kaleen Campo was placed on the Dean's List.

Erin Fin was placed on the President's List.

Angela Hyslip was placed on the Dean's List.

Abigail O'Connell was placed on the Dean's List.

Sara Sullivan was placed on the President's List.

Marlena Forrester On Providence College Dean's List

Marlena Forrester, a Quincy resident, is on the Dean's List at Providence College.

Forrester is a junior in the Honor's Program with her first major in Elementary Education, a second major in Special Education, and a minor in Math.

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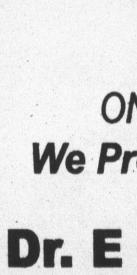
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WHAT'S COOKING with *Marie & Susie*

By MARIE D'OLIMPIO and SUSIE FALCO

Wondrous Apple Goopala

By MARIE

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2 tablespoons flour
½ teaspoon cinnamon
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¾ cup of flour
¼ teaspoon salt
6 tablespoons unsalted butter
½ cup pecans, chopped
Whipped cream

Preheat oven to 375 degrees.

Grease a 2 and ½ quart deep casserole dish. Mix apples, 1/2 cup of the sugar, 2 tablespoons flour and cinnamon in a large bowl transfer to prepared pan. Combine orange juice, lemon juice and orange peel and pour over.

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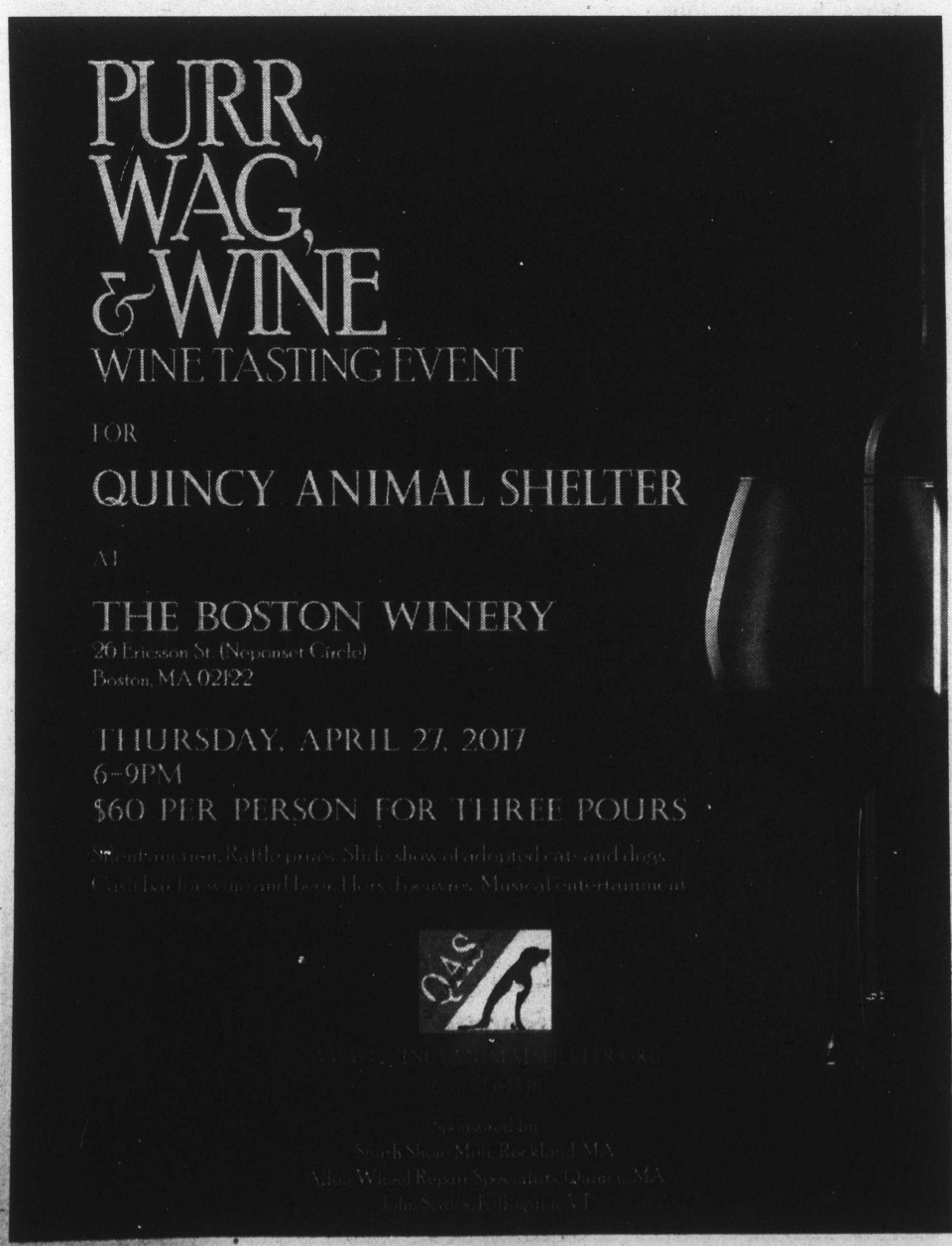
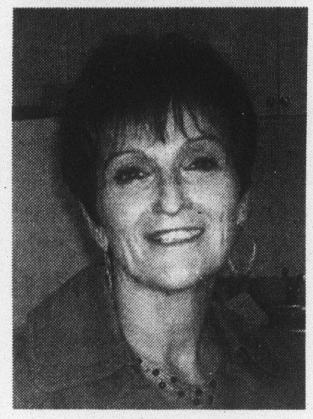
They are:

Brandon Charles Beal and Yushan Xireli.



Are You Addicted To The Internet?

A Message From The Quincy Health Department



RUTH JONES

By RUTH JONES BSN, RN, BC, CP-FS

Internet addiction is defined as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to compulsive gambling. Many Internet users may acquire an emotional attachment to on-line friends and the actions that they create on their computer screens. Internet users take pleasure in attributes of the Internet that allow them to encounter others, socialize, and interchange ideas through the use of chat rooms, social networking websites, or virtual populations. Other Internet consumers spend infinite hours researching matters of interest Online or "blogging". Blogging is a shortening of the term "Web log", in which people will post commentaries and retain a systematic chronicle of events.

We love our technology; our smartphones, tablets, social media and the Internet, and more and more we are confronting the hard truth: that we love it to excess. A 2014 study determined that about 16% of 18- to 25-year-olds are entangled in compulsive Internet use.

Comparable to other addictions, those experiencing Internet addiction use the virtual fantasy world to connect with real people through the Internet, as a replacement for actual human connection, which many are unable to attain naturally.

While Internet addiction is not officially recognized in the United States as a mental illness, there is a rising concern among medical practitioners and health officials here who see the necessity to address the issue and offer therapy for it, and treat the phenomenon as something more complex than merely a social dilemma.

Research has revealed that excessive technology and Internet use can create dependence and addiction, neurologically and physically. From birth through adolescence, children are particularly vulnerable because the brain develops through patterns of use and through human connections. New cultural norms that are technology and Internet-centered, habits of extreme use and the way the mind can quickly turn a bad habit into a compulsion, has transformed this social phenomenon into a pressing health concern. Underlying the problem is the deeper damage that this dependence can trigger. Excessive use often becomes a source of chronic tension, compromised physical health, emotional anguish, diminished performance at work and school, and a barrier to intimacy.

Science has already recognized that early or excessive use of screens and digital devices alters us neurologically, some more than others. It's distinctive for each individual and it is essential to understand your own wiring.

So how can you recognize the signs of Internet addiction? Pay attention to the following clues:

- Preoccupation with the Internet including thoughts about previous on-line activity or anticipation of the next on-line session.
- Use of the Internet in accumulative amounts of time in order to attain satisfaction.
- Repetitive, ineffective attempts to control decrease or stop Internet use.
- Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down use of the Internet.
- Jeopardizing or risking loss of significant relationships, job, educational or career opportunities because of Internet use.
- Lies to family members, therapists, or others in an effort to conceal the magnitude of involvement with the Internet.
- Using the Internet as a way to escape from problems or to relieve feelings of hopelessness, guilt, anxiety or depression.

The consequences of Internet addiction can be extensive resulting in personal, family, academic, financial, and occupational complications that are characteristic of other addictions. Impairments of real life relationships are interrupted as a result of excessive use of the Internet. Individuals suffering from Internet addiction spend excessive time in solitary seclusion, eliminating time with real people in their lives, and are often observed as socially awkward. Those suffering from Internet addiction may attempt to conceal the amount of time spent on-line, which can result in and the destruction of previously stable relationships.

Some experiencing Internet addiction may generate on-line personas or profiles where they are able to modify their identities and fantasize that they are someone other than themselves. Those at highest risk for fabricating a secret life are those who agonize with feelings of low self- esteem, inadequacy, and fear of disapproval. These negative self-concepts can lead to clinical problems of depression and anxiety.

Kids spend an increasing amount of their formative years online, and it is a habit they carry into adulthood. However, this may spiral out of control and even become an addiction. What parents, teachers, health professionals and so many others can already see from children and adults who display an extremely problematic relationship with tech and the Internet is that they need help.

Children respond well to clearly explained rules regarding technology and Internet use, and do best with parents who enforce them consistently. Parents of infants and toddlers should heed the guidelines that are available, such as the American Academy of Pediatrics' recommendation of no screens of any kind for infants under 2 years old.

It is not uncommon for those who attempt to quit their Internet use to encounter withdrawal including: anger, depression, relief, mood swings, anxiety, fear, irritability, sadness, loneliness, boredom, restlessness, procrastination, and upset stomach. Being addicted to the Internet can also be the source of physical discomfort or medical problems such as: Carpal Tunnel Syndrome, dry eyes, backaches, severe headaches, eating irregularities, personal hygiene issues, and sleep disturbance.

The initial step to combat Internet Addiction is to determine if there is a problem. We must acknowledge the complications that exist with our new norms at home, work and school. There is plenty of room for improvement; however, the biggest danger is denial. A Certified Addictions Counselor trained in identification and treatment of Internet addiction can effectively perform an assessment to determine what level of care is most appropriate for you or a loved one.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

33 Local Students On Bridgewater Dean's List

Thirty-three students from Quincy are on the Dean's List for the fall semester at Bridgewater State University.

They are:

Marina Boskovic, Molly Brown, Carmen Chen, Christopher Coughlan, Molly Cunha, Jenna Curren, Kimberly Driscoll, Herlintz Edouard, Kathryne Farina, Clint Galac, Kliton Gora, Andrew Johnson, Curran Jorgensen, Hannah Kirby, Zachary Latini, Marie Lavigne, Wei Lin, Wai Lui, Melissa Ma, John Madden, Sophia Maniscalco, Leann McColgan, Molly Minton, Amy Murphy, Drew Myers, Olivia Noonan, Meaghen O'Flaherty, Liana Orfonidiy, Kristyn Pieper, Courtney Sheridan, Rachel Smith, Tayla Tervakoski, and Melissa Zeng.

16 Residents Receive Academic Honors At Framingham State University

Sixteen students from Quincy have earned academic honors at Framingham State University for the fall semester.

They are:

Robert Fitzgerald was placed on the Dean's List.

Daniel Gould was placed on the Dean's List.

Patrick Gould was placed on the President's List.

Jane Minton was placed on the President's List.

Christina Morrissey was placed on the President's List.

Savannah Morrissey was placed on the President's List.

Manna Zhou was placed on the President's List.

Nicole Larkin was placed on the Dean's List.

Cynthia Nelson was placed on the President's List.

Jessica Ball was placed on the Dean's List.

Ashley Bergin was placed on the Dean's List.

Kaleen Campo was placed on the Dean's List.

Erin Fin was placed on the President's List.

Angela Hyslip was placed on the Dean's List.

Abigail O'Connell was placed on the Dean's List.

Sara Sullivan was placed on the President's List.

Marlena Forrester On Providence College Dean's List

Marlena Forrester, a Quincy resident, is on the Dean's List at Providence College.

Forrester is a junior in the Honor's Program with her first major in Elementary Education, a second major in Special Education, and a minor in Math.

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Concert Sunday At Crane Library

The 2017 winter concert series at the Thomas Crane Public Library, 40 Washington St., Quincy, continues on Sunday, Feb. 12 with a solo guitar recital by Stephen Brew.

Brew's program consists of works from Africa, Ireland, and Serbia, along with unique arrangements of American jazz standards. He currently serves as the director of the Guitar Program at Stonehill College in Easton where he teaches private studio lessons and conducts the guitar ensemble.

His arrangements for guitar ensemble have been published by the Austin Classical Guitar Society, and Seconda Prattica.

Brew is currently a doctoral candidate (ABD) at the Jacobs School of Music in Bloomington, Indiana, where he studied under maestro Ernesto Bitetti.

STEPHEN BREW

Stephen holds degrees from Syracuse University and the State University of New York at Fredonia, where he studied with Kenneth Meyer and James Piorkowski, respectively.

Presidents Day Celebration Feb. 22 At Adams National Historical Park

The Adams National Historical Park will honor U.S. Presidents John and John Quincy Adams as part of its celebration of Presidents Day on Wednesday, Feb. 22.

Join Kelly Halin, a Braintree teacher and National Park Service volunteer, at the event, which is set to take place from noon to 2 p.m. inside the visitors center at 1250 Hancock St. in Quincy Center.

Bring your imagination, artistic talent and inquisitive mind for an afternoon of conversation and activities to mark this special day honoring the office the president. From candle rolling to designing presidential campaign posters, this is your chance to share your thoughts and ideas.

The activities and program focuses on those in grades three through six, but all are welcome.

Validated parking for the event is available in the Presidents Place garage, accessible via Saville Avenue.

For more information about Adams National Historical Park, visit nps.gov/adam or call 617-773-1177.

Preventing Falls: 5 Tips for Seniors

By RICHARD T. MOORE

Falls prevention, especially among seniors, is a serious and important topic year round.

In a region like New England that is widely known for its beautiful, yet temperamental, winters, proactively taking steps to reduce falls and stay safe is even more crucial. According to the World Health Organization, there is a correlation between pronounced changes in seasonal temperatures, especially colder temperatures during the winter months, and an increased risk of falls, particularly among older women.

Falls can be exceedingly serious, and for older adults they can result in the loss of mobility and in some cases even death. In addition, the fear of falling on icy surfaces may prevent seniors from leaving their homes which can contribute to a feeling of isolation.

Because of these potentially restrictive scenarios, it is important for older adults to know the potentials dangers they face during the winter months, and also actively take the steps necessary to stay safe.

Falls prevention is a top priority for the Massachusetts Assisted Living Association (Mass-ALA). Residing in an assisted living community reduces the feelings of isolation that seniors may feel, and assisted living communities' focus on falls prevention contributes to a sense of safety. However, with another unpredictable season fast approaching, here are five falls prevention tips for seniors in all living environments:

1. Salt and sand. As we all know, icy sidewalks, stairs, and driveways can be exceedingly treacherous to people of any age, and we've all experienced that unsettling feeling of our feet slipping out from under us. Black ice can be especially dangerous as it is often impossible to even see. Using de-icing salt to help melt dangerous patches of ice can help prevent slip and fall injuries, and using sand to increase traction may be the difference between keeping your balance and slipping.

2. Know your limits. Often times, people of every age THINK they're capable of tasks that they probably shouldn't be attempting. Knowing your limits is important to avoid injury, so make sure you're realistic about how much you can shovel, whether or not you should be walking down the icy driveway, or attempting to carry a heavy bag of sand or salt.

3. Plan ahead. The best way to avoid a situation where you need to leave your house during inclement weather is to plan ahead and make sure you're prepared. Make sure to watch the weather forecast, and if there's even a chance of snow, stock up on necessities beforehand to ensure you have everything you need within your house. Eliminating the need to leave your home significantly reduces the possibility of a fall.

4. Be careful what gets tracked in. Snow always seems to make its way into our homes no matter how hard we try to keep it out. Whether it gets stuck on the bottom of our shoes, our coats, or on a recently used shovel, it's easy to track snow inside. It creates a mess, but it can also be dangerous. Inside a warm home, snow melts in a matter of minutes, creating puddles and slippery surfaces. Do your best to ensure that a minimal amount of snow is tracked into your home, and make sure to be on the lookout for water once it melts.

5. Snow and ice aren't the only enemies. While snow and ice can pose a danger, other surfaces can create hazards as well. Wet leaves for instance, can be equally slippery and often appear once the initial snow and ice have melted. It is important to always be aware of your surroundings and actively be on the watch to avoid possible risks.

While falls are serious and potentially devastating, they are very preventable. Taking the right steps to stay safe is important at any age, and the more aware we are of the dangers, the more we can do to avoid them. Use your best judgement, and enjoy the beauty of the season.

Richard T. Moore is the President of the Massachusetts Assisted Living Association. He is a former Senate Healthcare Financing Chair who sponsored legislation to establish the Massachusetts Falls Prevention Commission at the Department of Public Health.

READERS FORUM

Touched By Tribute To Henry Bosworth

I was touched by Bob Bosworth's eloquent tribute to his father in last week's Sun. Almost anyone can relate to fond memories of childhood and young adulthood shared with his/her father. He really struck a chord.

Henry Bosworth came from the Walter Cronkite generation of journalists who placed respectfulness and their integrity above snagging a tabloid by-line or making skewed political statements that we often see today in media.

The late Brian McNamee penned an equally impressive note on Henry's passing, but in one sense I disagree. While there was a tremendous void left at the Sun, I think Henry would agree that much of it has been filled by devotion to the newspaper's quality by his son.

The acorn doesn't fall far from the tree.

Thomas C. O'Brien
Wollaston

Yoga Meditation Workshops At Library

The public is invited to attend any or all of the four free yoga meditation workshops happening from 2 to 3 p.m. on four consecutive Saturday afternoons from Feb. 11 through March 4 at the Thomas Crane Public Library, 40 Washington St., Quincy.

Learn an easy yet extremely effective meditative yoga technique that can help reduce stress and bring a new sense of integration, balance and well being to your life.

Sahaja Yoga Meditation has been reported to be very helpful in the alleviation of stress-related problems and illnesses including depression and the tendency toward self-destructive habits.

Sahaja Yoga sponsors free stress reduction and meditation workshops around the country as well as in over 90 nations around the world and currently offers meditation classes in Bedford, Boston, Salem and Cambridge.

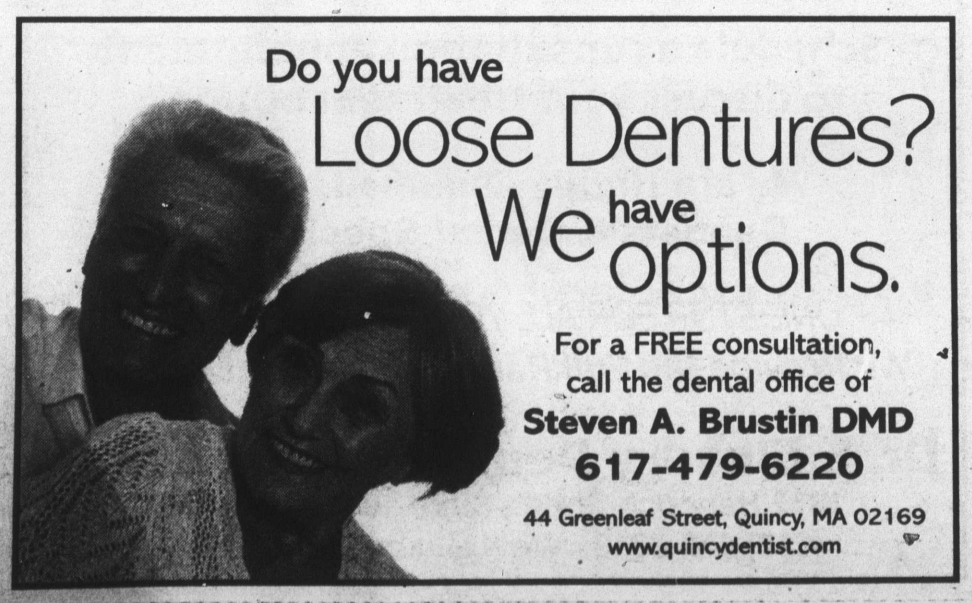
For more information, visit thomascranelibrary.org or call 617-376-1316.

16 Quincy Students On UNH Dean's List

Sixteen students from Quincy are on the Dean's List at the University of New Hampshire in Durham.

They are:

Lia Bonoli, Honors; Jackson Lam, Honors; Rachel Mullin, High Honors; Shane Nazzaro, High Honors; Mollie Oldham, Highest Honors; Leah Salvucci, Honors; Alexandria Richards, Honors; Jessica Eynatian, High Honors; Rachel Papile, Honors; Hayley Forbes, High Honors; Madison Hally, High Honors; Jaclyn Scuzzarella, Honors; Sean Hickey of Quincy, Honors; Zachary Walsh, Honors; Anna Splitz, Honors and Amber Man, High Honors.



52 Quincy Students On AWHS Honor Roll

Fifty-two students from Quincy made the second quarter honor roll at Archbishop Williams High School in Braintree.

PRINCIPAL'S LIST

Grade 9: Meghan Cormican, Lauren George, Taryn Healy.

Grade 10: Eoin Varden.

Grade 11: Hannah Bell, Caroline Bloomer, Kim Dang, Kimberly Dunn, Steven McCormack.

Grade 12: Christian Connors, Aine Curran, Colleen O'Callaghan, Karan Patel.

FIRST HONORS

Grade 8: Madison Stevens.

Grade 9: Taylor Burgess, Colleen Goulart, Grace Kennedy.

Grade 10: Alexander Kennedy, Olivia Notarangelo, Brandon Sullivan.

Grade 11: Olivia McDonnell, Khoa Tran.

Grade 12: Karthikeyan Arumugam, Brendan McClelland, Timothy Riley, Davis Stewart.

SECOND HONORS

Grade 7: Jacqueline Brown.

Grade 9: Andrew Bradley, Brendan Donovan, Andrew Feterowski, Julia Keldsen, Thoa Tran Khuu, Megan Miller, Landon Pierron.

Grade 10: Madison Ayles, Ella Piroli, Monica Spain, Zachary Zammito.

Grade 11: Michael Bustillo, Julia Geary, Stephen George, Shannon Kelley, Daniel Sherwin, Sydney Shuttleworth, Thomas Veasey.

Grade 12: Hannah Cunniff, Jaclyn Donahue, Jaclyn McEachern, Marcella Natale, Joy Patel, Madelyn Stevenson.

Quincy Leaders Attend Seminar On Impact Of New Marijuana Law

Hosted By Norfolk County Dist. Atty. Michael Morrissey

More than 160 regional public health, law enforcement, education and municipal leaders – including 7 from Quincy – joined District Attorney Michael Morrissey at his "Marijuana Legalization – Community Strategies" recently to learn about the public health, safety and governance issues and problems related to the new law.

"The ballot question was designed to maximize corporate profit, without regard for graceful or efficient implementation. That leaves towns and cities with a lot of unanswered questions," said Morrissey, whose office organized the seminar in partnership with the Canton Alliance Against Substance Abuse, Needham Public Health, Walpole Police and Stoughton U-Knighted.

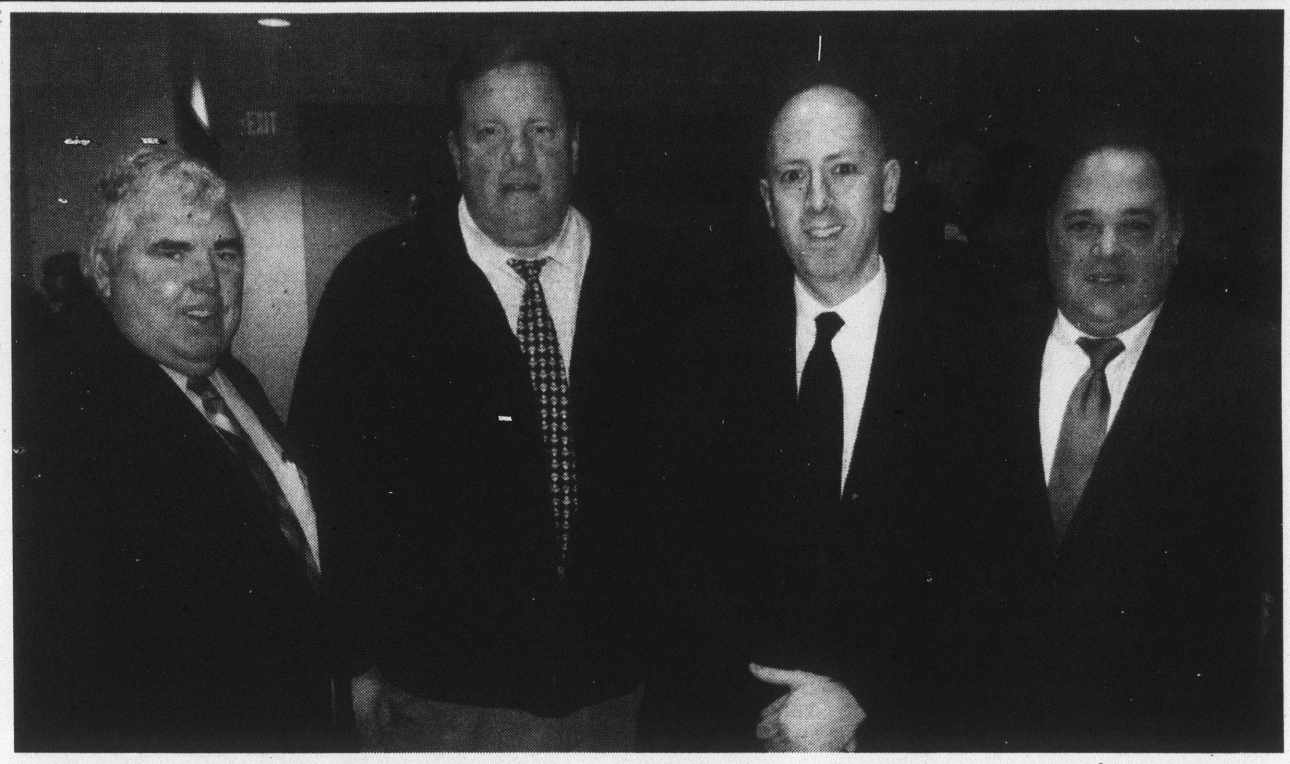
Attorney Katherine Laughman from the firm Kopelman & Paige led with a presentation on regulation and taxation of marijuana, including the steps towns need to take to regulate employees getting high at work – since marijuana will no longer be defined as a controlled substance – and ways to zone where pot shops can be located.

With an audience that was almost half police officers, Attorney John Scheft from Law Enforcement Dimensions detailed the intricacies of enforcing the new hodgepodge of law, where a citizen can grow 6 marijuana plants at their home legally, but to do so at a second home or rented space is a crime. A landscape where minors can be charged with possession for the marijuana inside their bodies after they consume it -- unlike any other drug.

Walpole Police Chief John Carmichael, whose personal research into the impacts marijuana legalization has included visiting Colorado manufacturing and selling facilities, and Needham Health and Human Services Director Timothy McDonald joined Scheft and Laughman to field questions from the group.

The audience, which included Sheriff Michael Bellotti, QPD Lt. Det. Patrick Glynn, Lt. Terence McDonnell, Lt. Ralph Willard, Mayor Koch's Substance Use Prevention Coordinator Laura Martin, SAPC's Aubrey Ciol and Bay State Community Services' Barbara Edmondson and Christopher Cobb, nearly filled the seminar space donated by the Bank of Canton for the January 27, 2017 event.

"We may not have been able to answer every question for the towns, and there are many things that will be fleshed out through the courts in the years to come," District Attorney Morrissey said. "But if we pool our resources and work together, the coming changes can be less chaotic and less disruptive to public safety and quality of life."



NORFOLK COUNTY District Attorney Michael Morrissey, left, hosted scores of local leaders at the conference, including QPD Lt. Ralph Willard, Lt. Terry McDonnell and Norfolk County Sheriff Michael G. Bellotti.

Photo Courtesy Norfolk County DA Office

Palmucci Seeks Less Dense Res. B Development

Cont'd From Page 3

ignated Residential B is in West Quincy – which Palmucci represents – as well as Quincy Point and North Quincy. He is concerned those areas are primarily single-family in nature, and not appropriate for medium-density developments.

"If you just throw a dart on the map and look at a neighborhood, more often than not you're going to see that that neighborhood zoned Residential B is predominantly a single-family neighborhood, and you would never think it would make sense that a multi-unit, currently more than two units…would go into that neighborhood," Palmucci said.

"It just wouldn't be consistent with the nature and the character of some of these single-family neighborhoods. I think this is a reasonable change to zoning. I think at the very least this is a conversation we should be having at the council with the development we have happening in the city."

Palmucci said the larger developments do have a place in the city, but not in single-family neighborhoods.

"Medium-density, multi-unit housing makes sense in certain areas in the city, like downtown, close to MBTA stations and Residential C areas that have been zoned for this. It doesn't make sense in areas that are primarily single-family," he said.

Palmucci told his colleagues his concern started because of proposals in the West Street neighborhood in his district.

"This is about protecting and ensuring the nature and the character of our single-family residential neighborhoods. I think over the last several years the quality of life in some of these areas has been threatened by overdevelopment more and more," Palmucci said.

"My day-to-day issues that I'm hearing from the constituents about and I'm working on have to do with development. It has to do with traffic, it has to do with pedestrian safety, things of that nature, that I think are related to the development boom we've seen in the city."

The proposed moratorium would prevent any new development with more than two dwelling units in Residential B zoning districts for a one-year period. Palmucci previously told The Sun he proposed the moratorium because "it makes sense to take a timeout in Residential B," while changes to the zoning code are contemplated.

Other construction would still be allowed in Residential B areas during the moratorium. New single-family and two-family homes could still be built during that period, as could additions to current houses as long as those additions would not increase the total dwelling units to more than two total.

Register Of Deeds On Quincy Access TV Program

Norfolk County Register of Deeds William P. O'Donnell will appear on Quincy Access Television with Mark Crosby and discuss the many aspects of the Registry.

The program will air Friday, Feb. 10th at 7 p.m.; Saturday, Feb. 11th and Sunday, Feb. 12th at 8:30 a.m. and 2:30 p.m.

On the program, O'Donnell will discuss the 2016 Real Estate Activity for both Quincy and Norfolk County, including foreclosure activity. The Register will talk about the Homestead Act, the Registry Consumer Notification Program, and other topics.

To learn more about the Norfolk County Registry of Deeds go to the website at www.norfolkdeeds.org, "like" us on facebook.com/norfolkdeeds, follow us on twitter and instagram @norfolkdeeds.

DPW Hosting Community Meeting Feb. 22 At Atlantic Middle School

The Department of Public Works is conducting sewer and stormwater drainage investigation projects in the Wollaston Beach neighborhood.

The DPW will host a community meeting to discuss these projects Wednesday, Feb. 22nd, at 6:30 p.m. at the Atlantic Middle School auditorium.

"This important work reflects Mayor Koch's commitment to improving water, sewer and drain services," said DPW Commissioner Dan Raymondi. "This continuing investment into our utility infrastructure is designed to both protect that investment and proactively keep down costs to our ratepayers."

At the meeting citizens will learn:

• About the difference between a storm drain and a wastewater drain,

• What stormwater runoff is,

• Why stormwater runoff is a problem,

• What are some of the solutions to stormwater pollution including rain gardens and rain barrels,

• Why our sewer and stormwater drainage system is essential to economic vitality,

• How the sewer and stormwater drainage systems function,

• What you can do to help us keep these systems operating efficiently and effectively,

• What the DPW's work will consist of.

Work is expected to continue through 2017. During this period residents can expect:

• To see private contractors hired by the City in your area accessing city manholes,

• If you have a manhole on your property, contractors may need pedestrian access to it,

• To be contacted by the City if a contractor needs access to your property/residence,

• Measuring devices used in the sewer system to monitor base and peak flows,

• To see private contractors sampling drainage water from city stormwater drainage structures,

• Noise, odors, and traffic control associates with some of this work,

For more information contact Deirdre Hall, DPW Compliance Manager at 617-376-1525 or dhall@quincyma.gov.

You can also go to the DPW's website at www.quincyma.gov/government/PWD, or drop by the DPW office at 55 Sea Street to pick up a variety of publications on the subject.

Ordinances Targeting Underground Economy Ok'd

By SCOTT JACKSON

City councillors on Monday approved a pair of ordinances that are meant to ensure construction firms comply with applicable wage and employment laws in an effort to clamp down on the 'underground economy.'

The council's oversight committee previously held three hearings on the underground economy in the construction industry, where workers are sometimes misclassified as independent contractors or at a lower paying position. Union workers, contractors, insurance specialists, and lawyers with the attorney general's office addressed the council during those meetings.

The ordinances approved Monday night were vetted at those meetings. The two ordinances, each introduced by Ward 4 Brian Palmucci, were approved in 8-0 votes Monday; Ward 6 Councillor William Harris was not present for the meeting.

During the third and final hearing, held in December, general contractors expressed concern about language in one of the ordinances that would have allowed a complete shutdown on a jobsite if any firm working there were found to be in violation of applicable laws. Those contractors said the offending subcontractors should be punished, but not everyone on site.

City Solicitor Jim Timmins said the ordinance in question – which is applicable to projects that have received a special permit from the city – was amended to address those concerns, giving the director of Inspectional Services the ability to remove the offending subcontractor from the jobsite while not putting a complete stop to the project.

"We've cleaned up the language a bit so that a job will not end up shutdown for any prolonged period of time," he said.

The amended ordinance still gives the city the ability to order a complete shutdown if necessary. Councillor Joseph Finn supported keeping that power in the ordinance.

"One of the things that this is meant to address is that there are certain types of subcontracting practices that exist out there that general contractors oftentimes turn a blind eye to – not all of them," he said.

Finn said the ordinances passed Monday night are not meant to address a union issue; the head of a non-union firm had voiced his support for the measures during the December hearing.

"This is really meant to protect the people who play by the rules against the people who don't," Finn said.

The second ordinance approved Monday is applicable to requests for proposals and bids put out by the city. Under the ordinance, firms that respond to either an RFP or a bid must certify they – and their subcontractors – have not been cited for violating federal or state wage laws in the past three years. Firms that had been cited during that period could still respond to a bid or RFP, but would have to certify they remedied the violation and post a bond.

Palmucci noted the council was voting on the ordinances just days after the attorney general's office ordered an asbestos-removal company from Lawrence – MJ Environmental – to pay $318,715 in total restitution and penalties for wage violations on 19 public projects in the state, including work done at the Quincy Housing Authority's Louis George Apartments on Martensen Street.

"If there was any question whether or not this is a real issue or whether or not it was happening in Quincy… the AG's office fined a contractor who was working on a Quincy Housing Authority $300,000 last week," Palmucci said.

After the ordinances were approved, City Council President Kirsten Hughes thanked Palmucci for his work. She also recognized those who spoke at the previous hearings and the two dozen or so in attendance Monday wearing stickers declaring their support for the measures.

"Thank you Councillor Palmucci for your work on those – it was a lot of work to put together – and I appreciate those who showed up to give testimony and those who showed up here this evening in support of both ordinances," Hughes said. "Thank you for all your efforts."

Discover Quincy Offering Grants To Local Organizations For Marketing, Event Needs

Discover Quincy is a Destination Marketing Organization funded by an appropriation from the City of Quincy that works in partnership with the Quincy Chamber of Commerce to attract visitors to our community.

"In 2016, we partnered with 15 organizations to create marketing collateral and with 54 organizations to promote local events," said Margaret Laforest, vice president of tourism, Quincy Chamber of Commerce. "In recognizing that many of our partnering organizations are operated by volunteers with limited resources, Discover Quincy is dedicating $20,000 to support their marketing and event needs."

Quincy based organizations are welcome to apply for a grant up to $2,000 to be used for marketing of their organization or to support an event during the 50 Days of Freedom scheduled for June 17 - Aug. 5, 2017. The application is available online at DiscoverQuincy.com.

Deadline to submit applications is March 1. Awards will be distributed at the Discover Quincy Annual Meeting on March 8.

Examples of applicable projects:

Marketing: In 2016, Discover Quincy did the design work and paid for the printing of rack cards for Quincy Militia and Quincycles. As new schedules are coming out for 2017, these projects are eligible for grant funding as well as design support.

Event: The Wollaston Hill Neighborhood Association debuted Porchfest in 2016. Discover Quincy did the design work and paid for printing for flyers, banners and other event expenses such as advertising, insurance and website maintenance.

For more information, contact Margaret Laforest at 617-639-1117 or email mlaforest@thequincychamber.com

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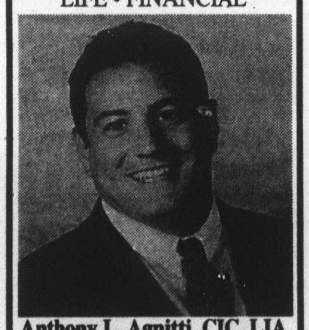

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Sean Ryan On Dean's List

Sean Ryan of Quincy has been named to the Dean's List at Western New England University in Springfield for the fall semester.

Ryan is working toward a degree in industrial engineering.

City Gets Grant For Squantum Point Park Pier

By SCOTT JACKSON

Quincy has received a grant of nearly $300,000 from the state to design, engineer and permit improvements to the pier at Squantum Point Park to prepare it for future ferry service.

The Massachusetts Seaport Economic Council awarded the city $292,800 on Feb. 2 for the pier work. State officials said the park is a "prime and underutilized" location from which ferry service connecting Boston to Quincy could be based. The service would benefit not only those two communities, but also nearby ones such as Braintree, Milton and Weymouth, officials stated.

The city in 2016 offered ferry service to Rowes Wharf and Spectacle Island from Squantum Point Park for a three-month period beginning in August. The city partnered with Winthrop – which launched its own, unsubsidized service using the 73-passenger Valkyrie last April – for the pilot program.

City officials have expressed a desire to see year-round ferry service connecting Squantum Point Park to Boston. Chris Walker, a spokesman for Mayor Thomas Koch, said the state grant is an important step in getting to that point, though more work remains to be done.

"This does not mean there is year-round service starting this year. It is a long process and this is another step in that process," he said. "This is definitely a step in the right direction."

Walker said no decision has been made yet about partnering with Winthrop again this year.

"We continue to talk with Winthrop, but there is no news on that at this point," he said. "We will probably make an announcement later this winter about plans for the spring."

Koch, in a statement, said his administration "believes wholeheartedly that water transportation must be part of a 21st century public transit system for the city of Quincy, and this grant is an important step in the right direction."

Sen. John Keenan said "ferry service could be what it takes to unlock one of the city's greatest attractions – direct access into the heart of Boston, as well as the opportunity for tourists to easily travel to Quincy to visit its many historic sites."

Additionally, he said ferry service could relieve congestion on both the Neponset Bridge and the MBTA's Red Line.

Ward 6 Councillor William Harris echoed the same sentiment.

"A full-service ferry from Squantum Point Park will have great benefit to the people of Marina Bay, Squantum and North Quincy by helping ease the burden on the Red Line and the North Quincy station," he said. "I'm looking forward to doing whatever I can to make it happen."

Rep. Bruce Ayers, whose district includes Squantum, said the return of ferry service would benefit the residents and visitors alike.

"Water transportation is an economically friendly and environmentally responsible means of transit," he said. "This grant is an important step in the process of bringing water transit to Quincy, which benefits our commerce while creating a reliable means of transportation for commuters, residents, and visitors who want to explore all our region has to offer."

The MBTA previously offered year-round ferry service from the Fore River Shipyard in Quincy Point. The terminal was closed in September 2013 and the transit agency has since sold its property at the shipyard.

Real Estate

Quincy Real Estate Transactions January 30 - February 3

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
H&L Realty Investment LLC	Qinrong Gao & Lan Xiang Chen	$635,000.00	8 Safford Street
John F. Roman Revocable Trust	Shan Jiang	$580,000.00	195 Rock Island Road
Nguyen-Stoklosa Trust	Glenn & Michelle Hogue	$399,900.00	2001 Marina Drive Unit 806W
Kathleen, Thomas P. & Joseph J. Petitti	Jitendra B. Patel	$350,000.00	23 Bates Avenue
Tracy & Eric Grady	Ben Q. Xu & Mei L. Yu	$685,000.00	186-188 Billings Street
Bruce A. McGuinness	Son Nguyen	$400,000.00	40 John Street
Culhane Family Revocable Trust	Bang C. Chung & Joanna L. Ho	$304,200.00	200 Cove Way Unit 902II
Seven Shamrocks LLC	CAV Realty Trust	$4,410,000.00	21 Kemper Street
John F. & Jean F. Doyle	Sherry P. To & Tony P. Tran	$665,000.00	278-280 Furnace Brook Parkway
207 Winthrop Street Realty Trust	Antonio M. & Leanne Giangregorio	$420,000.00	207 Winthrop Street
Kevin M., Christopher S., Deirdre A. & Jennifer A. Fay	Jennifer A. Fay	$280,000.00	39 Chickatabot Road
Xiu Y. Lin	Yi Z. Yang	$266,000.00	115 West Squantum Street Unit 410
Geraldine A. & Paul McNealy	C & J Realty Trust	$380,000.00	58 Faxon Lane
Kathleen P. Soter; Arthur J., Sandra L. Andrew M., Patricia A. & Scott C. Craig	Patricia A., Sandra L. & Scott C. Craig	$360,000.00	28 Eddie Street
David G. Smith & Robin H. Veneto-Smith	RVG LLC	$690,000.00	124-126 Franklin Street
Albert P. & Krystyne D. Cheever	Alena Marozava	$275,900.00	196 Quincy Shore Drive
74-15 Metropolitan Realty Corp.	CEA Nashua LLC	$3,635,000.00	30 Liberty Street/6 Penn Street
Richard & Michelle A. Lauper	Robert J. Connell	$440,000.00	185 Kendrick Avenue
Michael Spitz & Richard F. Mesek	Nan Li & Eric J. Ma	$489,000.00	118 Holmes Street
Mark C. Murphy	Michael & Margarita O'Leary	$625,000.00	29 Woodward Avenue
Tiffany S. W. & Julian Pereira	Raymond Y. & Shirley M. Li	$247,000.00	15 Bower Road Unit B10
Seth Hardy & Jenny I. Sorblom	Baodong Li & Jie Zhang	$510,000.00	178 Farrington Street
Claudia Files	Bernard A. Doyle & April M. McGann	$205,000.00	1054 Sea Street
Robert F. Braga	Barry & Matthew K. Finkle	$539,000.00	315 Highland Avenue

Register Of Deeds O'Donnell Promotes Homestead Act

Stating that for many people their house is the most important financial asset, Norfolk County Register of Deeds William P. O'Donnell is reminding homeowners about filing for Homestead protection.

Under Massachusetts law, a Homestead recording provides for limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to $500,000.

"Protecting one's primary residence is a key objective for all homeowners," O'Donnell said. "If you own a home and it is your principle residence, one way to protect your home's asset is to file a Homestead. The Homestead law also allows the filing of an Elderly Homestead application, defining elderly as a person who is 62 years of age or older. This protection can be increased if the elderly couple files jointly."

Continuing, O'Donnell said, "One of the major changes under the 2011 Homestead Law passed by the Massachusetts Legislature is that a valid homestead cannot be terminated when refinancing a mortgage. Another clarification of the statute is that a Homestead can provide protections for a primary home kept in trust. Primary residence can also include a manufactured or mobile home."

It is important to note, O'Donnell said, there are certain debts that are exempted from protection under the Homestead Act, such as federal, state and local tax liens, as well as mortgages contracted for the purchase of a primary home and nursing home liens. Most other mortgages, debts, and encumbrances existing prior to the filing of the Declaration of Homestead, along with probate court executions for spousal and child support, are also not covered under the Homestead protection statute.

Filing a homestead application at the Registry has become a popular consumer protection.

"Last year," O'Donnell said, "There were approximately 12,500 Homesteads filed at the Norfolk County Registry of Deeds in 2016, a 4 percent increase over the previous year."

Homestead recordings can be filed at the Registry of Deeds for a state imposed fee of $36.00. To find out more about the Homestead law, or to get a free application, please go online to the registry's website at www.norfolkdeeds.org or contact the Registry's Customer Service Center at 781-461-6101.

"It is important to make clear that a Homestead protects consumers against the forced sale of their primary owned residence to satisfy unsecured debt up to $500,000. While the debt is still owed, homeowners will at least have the comfort of knowing that with a Homestead filed at the Registry of Deeds, their primary residence cannot be forcibly sold to satisfy most debts," O'Donnell said.

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook/com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or on the web at www.norfolkdeeds.org.

ELEMENTARY LUNCH MENU

Monday, Feb. 13
Round Personal Pizza, Carrot Snack Pack, Seasonal Fruit.

Tuesday, Feb. 14
Early Release Day—
NO LUNCH SERVICE

Wednesday, Feb. 15
BRUNCH FOR LUNCH: French Toast Sticks w/ Maple Syrup, Turkey Sausage, Potato Wedges, Seasonal Fruit.

Thursday, Feb. 16
MEXICAN FIESTA: Teriyaki Beef Dippers, Mashed Potatoes, Green Beans, WW Dinner Roll, Seasonal Fruit.

Friday, Feb. 17
NEW! Baked Chicken Nuggets, Caesar Salad w/Parmesan Cheese, WW Dinner Rolls, Seasonal Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

SECONDARY LUNCH MENU

Monday, Feb. 13
WW Pizza Sticks, Marinara Dipping sauce, Side Romaine Salad, Seasonal Fruit.

Tuesday, Feb. 14
LOVE AT FIRST BITE: Italian Combo Panini, Side Caesar Salad, Heartzel Pretzels, Love potion #9 Jello w/Whipped Topping, Seasonal Fruit.

Wednesday, Feb. 15
MEXICAN FIESTA: Turkey or Vegetarian (3 Bean Medley) Taco Salad, Steamed Brown Rice, Tortilla chips topped with Corn & Black Bean Salsa, Shredded Lettuce & Cheese, Seasonal Fruit.

Thursday, Feb. 16
Asian Chicken & Vegetable Stir Fry w/ WW Noodles, Seasonal Fruit.

Friday, Feb. 17
SOUTHERN STYLE! Chicken & Waffles, Maple Syrup, Steamed Spinach, Seasonal Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

Registration Underway For QCAP First-Time Homebuyers Workshop

Quincy Community Action Programs, Inc. (QCAP) will host a comprehensive workshop designed for first time homebuyers in March.

The two-day workshop will be held Thursday, March 2 from 6 to 9 p.m. and Saturday, March 4, from 9 a.m. to 3 p.m. at Randolph Savings Bank, Corporate Headquarters, 10 Cabot Place, Stoughton.

Attendance at both sessions is required to receive a Certificate of Completion.

The workshop provides a comprehensive review of the home buying process. Real estate professionals will lead instruction on topics from mortgages to home insurance. Participants may also use their Certificate of Completion to obtain a low rate loan through MassHousing or MassHousing Partnerships.

Individual counseling is also available.

Registration began Feb. 6 and ends on Feb. 28th.

For more information about the program and/or to register for the workshop, contact Peter Mullen, QCAP's homeownership counselor at 617-657-5315 or email at pmullen@qcap.org.

To register for the class, visit www.qcap.org.

For more information, visit www.qcap.org

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A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Jan. 30, at approximately 10:15 p.m., Officer Paul Foley was on routine patrol with his K-9 partner Charlie, who is a trained and certified drug detection Police dog.

As he was traveling northbound on Hancock Street he randomly queried the registration plate of the vehicle traveling directly in front of him through his cruiser's RMV computer. The RMV response showed the registration plate to be active to a red 2005 Ford; however, the license plate was attached to a brown Buick. Officer Foley activated his blue lights/siren and pulled the Buick over in front of the McDonald's restaurant at 275 Hancock St.

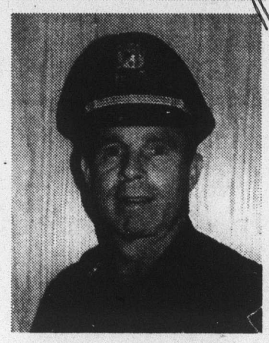
The female operator gave the Officer her license but said she did not have the registration for the vehicle. She made no attempt to locate the registration and didn't even check the glove box, which supported the officer's belief that she was fully aware that the registration did not match the vehicle. The officer noticed on his initial approach that the two passengers were not wearing seat belts so he requested their ID's in order to issue them citations.

The rear seat passenger handed the officer his license but the front seat passenger said he didn't have an ID but gave his name and date of birth. Before returning to his cruiser, Officer Foley noticed the inspection sticker was valid but had been issued to a different registration. The officer checked the occupants on his cruiser computer that showed the following: the driver's license was active but the registration plates were illegally attached to the vehicle she was driving.

The license plate listed on the Buick's inspection sticker listed back to a white Toyota SUV. The rear passenger had no warrants but a criminal record including drug and property offenses. The front passenger also had a criminal record including drug and property offenses as well as an active default warrant for his arrest for larceny over $250 out of Quincy Court.

At this time, Officers Mark Millane, Dave Cooper and John McGowan arrived on scene to assist. Officer Foley returned to the suspect vehicle and asked the front seat passenger through the open window if he had any weapons or sharp objects on his person that could hurt the Officers. He responded, "Nothing on me but there are needles in the door" as he looked down at the inside pocket of his door.

Officer Foley told him there was a warrant and directed him to step out. Once he opened the door, Officer Foley observed several hypodermic needles in plain view (one of which appeared to be partially filled with a brown liquid) in the inside pocket of the door. Based on training and experience, the officers recognized this to be a syringe loaded with Heroin and ready for IV injection. The passenger was handcuffed and searched. On the floor where the arrested passenger was sitting was a plastic bottle cap containing a brown liquid (matching the contents of the needle) with a small piece of cotton soaking in the middle of it. This was liquefied Heroin.



LT. DAN MINTON

Through training and experience, the Officers knew that IV Heroin users will add water to their powdered Heroin in order to liquefy it so it can be injected intravenously. They will also place a piece of cotton into the liquid to act as a make shift filter in an attempt to preclude contaminants (from the Heroin) from entering their blood stream. There was also a white napkin soaked in wet fresh blood as well as numerous splatters of wet fresh blood on the front passenger side dash board and front passenger side door panel (just inches in front of and next to where he had just been seated).

Officer Foley concluded that the arrested passenger was in the process of injecting himself intravenously with the Heroin filled needle when he pulled them over, causing him to panic and rip the needle out of his arm mid injection. The arrested passenger would only admit to using Heroin "earlier today." He rejected the offer to be examined by Brewster Ambulance and showed no signs of being under the influence or overdosing.

This suspect, a 31-year-old homeless person, was charged with, "No seat belt, the warrant and possession of Class A Heroin subsequent offense (5/29/14 guilty class A, S. Boston District Court Docket # 1303CR000985A).

Officer Foley then requested the driver step from the vehicle. Unsure if the vehicle was stolen, he advised her of her Miranda rights in the presence of Officer McGowan. When asked if she understood her rights and if she wanted to speak she answered "yes" to both. She insisted that she believed the vehicle was properly registered stating that she had just paid her insurance bill. She stated that she thought she had transferred the registration from the Ford Explorer (actively registered in her name but no longer on the road) to the Buick Regal (unregistered and last owned by her mother).

The officer asked her how she knew her passengers, if she was a Heroin user and if she knew that her passenger had been actively injecting himself with Heroin as she drove. She said she had only known the men for a few months, denied ever using Heroin herself and claimed she had no idea about drug use in her vehicle. Her claim of being unaware about an occupant injecting Heroin into his arm as he sat just inches away from her appeared implausible and unbelievable. When asked if she had any drugs on her person, the female driver said no and said she could be searched. When asked if she had any drugs in her pocket book, she said "Yea, I have some prescription medication in there."

She said that she did not have a prescription for the pills with her, claiming that it was at her home. Inside the pocketbook was a yellow plastic cylinder containing 13 white oval pills marked "D24", 2 green round pills marked "833" and one orange round pill marked "R127". The Officer recognized these pills to be Gabapentin (class C), Clonazepam (class E) and Clonidine (class E) respectively. He also located a small purse containing several hypodermic syringes, cotton balls, a plastic bottle cap (identical to the one the arrested passenger was using) and two double wrapped knotted corner bags containing Heroin.

The driver, a 33-year-old Quincy resident, was placed under arrest for "Attaching plates, Unregistered & uninsured m/v, Possession of class A, C, and E."

Officer Foley next advised the rear seated passenger of his Miranda rights which he understood and said he would speak. When asked if he had ever used Heroin, he said he had in the past but that he was not currently using. When asked if he was aware that the front seated passenger was actively injecting himself with Heroin as they drove, he said "No, I had no idea." The Officer asked him if he would roll up his sleeves and when he did so, the officer observed recent IV injection marks on the inside of his right elbow / forearm.

Based on these observations, the officer concluded this suspect was also being untruthful and was in fact a current IV Heroin user. Officer Foley placed this suspect, a 37-year-old Weymouth resident under arrest and charged him with "Knowingly being present where Heroin is kept." There was nothing of value located in the vehicle (other than some loose change and additional syringes) during the inventory process.

Officer Foley deployed K-9 Charlie at the scene and he showed a positive alert to the presence of a drug odor emanating from the two small knotted plastic corner bags containing the suspected Heroin. Nice Work!

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Jan. 27 – Feb. 3
ARRESTS: 31
TOTAL CALLS: 1,020
STOLEN MOTOR VEHICLES: 3

FRIDAY, JAN. 27

MOTOR VEHICLE LARCENY, 7:17 a.m., Marshall St. Caller reporting his vehicle stolen sometime overnight. Lojack equipped.

LARCENY, 2:56 p.m., BJs, 200 Crown Colony Dr.

INDECENT EXPOSURE, 4:30 p.m., Hancock Lot, 50 Revere Rd. On the bench outside Bistro Chi. One under arrest for open and gross.

VANDALISM, 5:46 p.m., Big Y, 475 Hancock St. Caller claims MV parked next to his caused a dent to his car. Information exchanged between parties.

SATURDAY, JAN. 28

VANDALISM, 9:17 p.m., Sumner St. Caller heard loud explosion in the area. Female reports a blue minivan was seen leaving the area at a high rate of speed.

MONDAY, JAN. 30

VANDALISM, 11:21 a.m., Marina Bay Marina, 333 Victory Rd. Someone dumped trash in boat.

LARCENY, 11:34 a.m., Papa's Roast Beef, 15 Scammell St. Galaxy Note 7.

ATTEMPTED BREAKING AND ENTERING, 3:17 p.m., Fort St. Property manager wishes to speak with officer about two possible B&E attempts.

LARCENY, 3:50 p.m., Highpoint Cir. Wallet and items.

ATTEMPTED BREAKING AND ENTERING, 7:20 p.m., Highland Ave. Basement window broken. Screen cut. No entrance gained.

LARCENY, 8:01 p.m., Quincy Shore Dr. Packages. Frequent checks requested.

TUESDAY, JAN. 31

LARCENY, 11:13 a.m., Brothers Roast Beef, 1610 Hancock St. Cellphone and credit card.

LARCENY, 12:45 p.m., South St. Electricity. Caller is landlord. Civil matter. Advised.

LARCENY, 1:22 p.m., Verchild St. Ring.

ATTEMPTED LARCENY, 3:47 p.m., Alltown Check Cashing, 34 School St. $400 money order with four fake $100 bills. Arrest for two counts of attempted larceny and two counts uttering counterfeit bills.

BREAKING AND ENTERING, 6:43 p.m., 350 Hancock St. Business.

ARMED ROBBERY, 7:56 p.m., Prime Gas, 596 Hancock St. Black male in his 20s, skinny tall in a black jacket, fled on foot towards Wollaston T station. Caller works at gas station and said all his money was stolen. cellphone also. Gun shown.

WEDNESDAY, FEB. 1

ASSAULT AND BATTERY, 10:59 a.m., 43 Old Colony Ave. Happened sometime last night against male. One to QMC.

THURSDAY, FEB. 2

LARCENY, 9:10 a.m., Clay St. Unfounded. Caller confused.

BREAKING AND ENTERING, 4:28 p.m., Germain Ave. Mini dirt bike stolen two days ago.

LARCENY, 5:43 p.m., Wash Dry, 87 Copeland St. Claims clothes were stolen.

MOTOR VEHICLE LARCENY, 6:06 p.m., Hoover Ave. Car was seen last night when he was putting out the trash.

LARCENY, 6:25 p.m., Southern Arty. Package was delivered Tuesday and caller never got it.

VANDALISM, 8:06 p.m., Brook Rd. Two tires slashed.

MOTOR VEHICLE LARCENY, 9:19 p.m., Bay State Rd. Rental vehicle. Lent vehicle to niece's husband. He said he was going to pay a phone bill at 3 p.m. and has not returned. They are unable to reach him. Active warrant on suspect as well as a suspended license. Caller has no information on rental other than it is a white four-door car with out of state plates. Determined information on vehicle, but it was found at that point.

BREAKING AND ENTERING, 10:08 p.m., Canton Rd. House is ransacked. Unknown what is missing.

FRIDAY, FEB. 3

BREAKING AND ENTERING, 1:52 a.m., Willow Ave. Father came home around 10 p.m. and noticed someone may have broken into home. Believes they got in through an open window in rear. There is a footprint on chair next to window. Cash taken from bedroom.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: Marshall St., Hoover Ave., Bay State Rd.

❑

CAR BREAKS: Bromfield St., Davis St., Glover Ave., E. Squantum St., Bromfield St., Marshall St., E. Elm Ave., Newbury Ave., Rice Rd., Copley St., 1027 Southern Arty., Randlett St., Cleaves St.

The car breaks north of Fenno Street are believed to have been done by the same person. Detectives were able to make use of residential security video to determine the identity of the suspect. There are now outstanding warrants for the suspect, who lives outside the city. Be sure to lock your doors!

❑

BREAKS AND ATTEMPTED BREAKS: Willow Ave., Canton Rd., 300 block Hancock St.

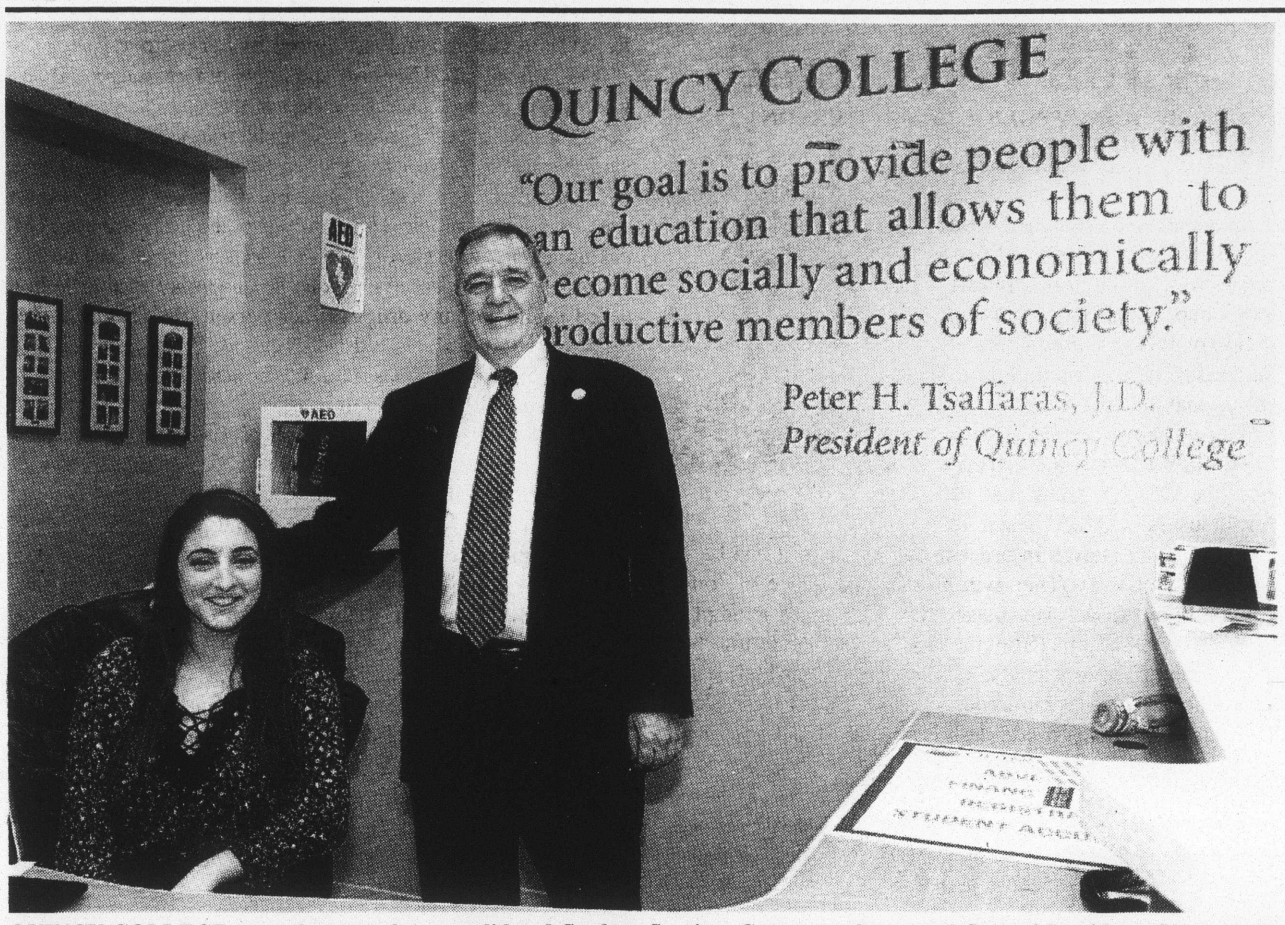
If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug Hot-Line at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.



QUINCY COLLEGE recently created a consolidated Student Services Center on the second floor of Presidents Place on the Quincy Campus. Students can now seamlessly navigate between the offices of Financial Aid, Registrar, Academic Advising, and Student Accounts. Here Quincy College President Peter Tsaffaras poses with General Studies major, Samantha LaPierre, and his quote which greets students as they enter the Student Services Center. *Quincy Sun Photo/Robert Bosworth*

Quincy College 'An Institution On The Move'

Cont'd From Page 2

people who live and work in the communities we serve to become more socially and economically productive."

Gov. Charlie Baker in January signed into law a home rule petition giving Quincy College the ability to grant four-year degrees.

"We couldn't be happier having the Legislature pass and the governor sign into law the bill which allows us to offer baccalaureate degrees," Tsaffaras said. "It really enhances the opportunities for students, so that's great.

"We couldn't get to where we are without strong support from the City Council, unwavering strong support from the mayor and strong support from our legislative delegation, particularly House Majority Leader [Ron] Mariano and [Sen.] John Keenan. They've both been great supporters of the institution and we have similar support in the Plymouth area from the delegation down there, too."

Tsaffaras said the ability to grant four-year degrees would enhance the college's ability to deliver on its mission, but not change the identity of the school.

"The ability to offer four-year degrees is really a logical extension of what we've been trying to do for some period of time, and that is to enhance the educational opportunities available to people in these communities," he said.

"Having the ability to offer baccalaureate degrees does not mean that we're going to become a baccalaureate institution. We are not, nor can we be, another Curry College, another Bridgewater State College, another UMass Boston, another Stonehill. That's not who we are."

"We're going to use the ability to offer bachelor's degrees to enhance the access and opportunities of people who come to us as students," Tsaffaras added. "We are who we are, but now we're going to have the ability to offer enhanced opportunities to our students, as opposed to changing our mission, changing our focus and trying to be a copy of some sort of some other institution."

Quincy College could begin offering bachelor's degrees in the fall of 2018, Tsaffaras said. Before it can do so, the school must get approval from state education officials, its accreditors and federal officials.

"There is a fairly lengthy approval process with the Board of Higher Education, the New England Association of Schools and Colleges and the federal government

Cont'd On Page 16

Something Special For Your Valentine

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HAPPY VALENTINE'S DAY

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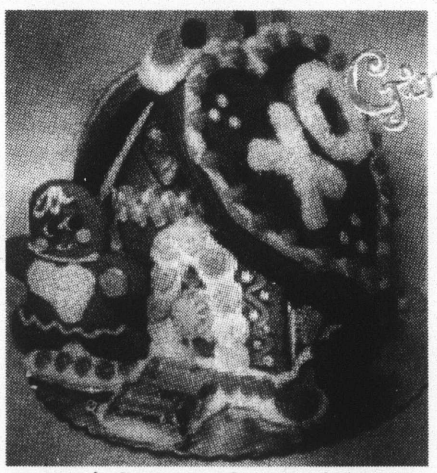

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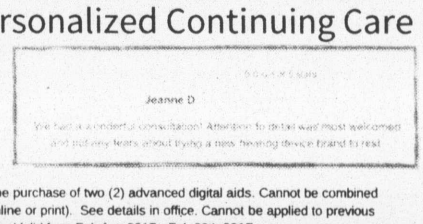

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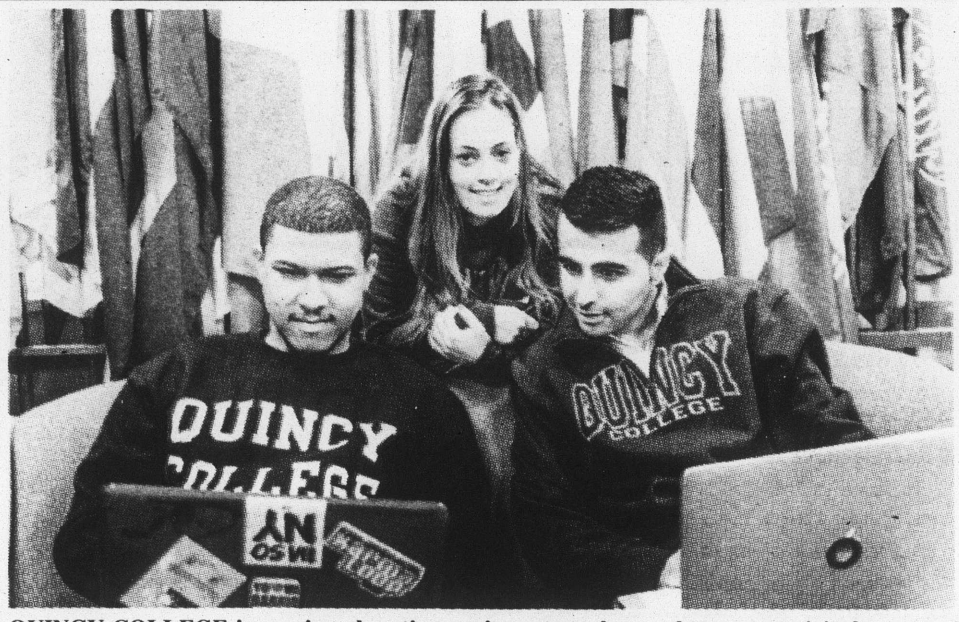
QUINCY COLLEGE provides resources students need to have a successful college experience. State-of-the art technology and hands-on instructional tools provide real world context for the concepts covered in the classroom. Criminal Justice major, Emmanuel Omer, displays the College's drone in the atrium of Presidents Place on the Quincy Campus.

Photos Courtesy Quincy College



QUINCY COLLEGE is a unique learning environment where cultures meet, join forces, and weave a global context around college academics. Some 347 International students from 64 countries attended Quincy College this past fall. Pictured left to right in the Quincy College International Student Services Office on the third floor of Presidents Place are Natural Science major, Irvin Feliz, Psychology major, Christina Kantena, and General Studies major, Abdul Alenazi.

Quincy College 'An Institution On The Move'

Cont'd From Page 15

for financial aid purposes. We think that the earliest we could offer a bachelor's degree would be in September of 2018 – that's if everything goes right," Tsaffaras said.

The college plans to phase in the four-year programs over the course of 10 years. Some programs may offer a certificate, an associate's degree and a bachelor's degrees, while other programs would offer just one of those.

"We have all our options open to us, which is really very helpful," Tsaffaras said.

Biology and nursing are two programs where four-year degrees would likely be offered, but no decisions have been made yet.

"Different groups of the faculty have been meeting to talk about the possibility of offering a four-year degree within their discipline but we haven't yet made any firm decisions," Tsaffaras said. "I'd prefer decisions regarding that come from the faculty up, as opposed to me implementing it from the top down."

The plan to add four-year degrees was well received by the college's students, with 85 percent of them expressing support in surveys.

"I have people calling me now – literally every other day someone is calling and asking if they can stay for the four-year degree or whether we're going to have a four-year program if they decide to come in September," Tsaffaras said.

Quincy College has two campuses – one in Quincy, which includes Saville Hall and space in Presidents Place, as well as Cordage Park in Plymouth, where the school opened new nursing labs, the newest in Massachusetts, over the summer.

The school has been mentioned as a potential candidate to move into the new Quincy Center. Tsaffaras said the college is looking for space and has had discussions about that possibility.

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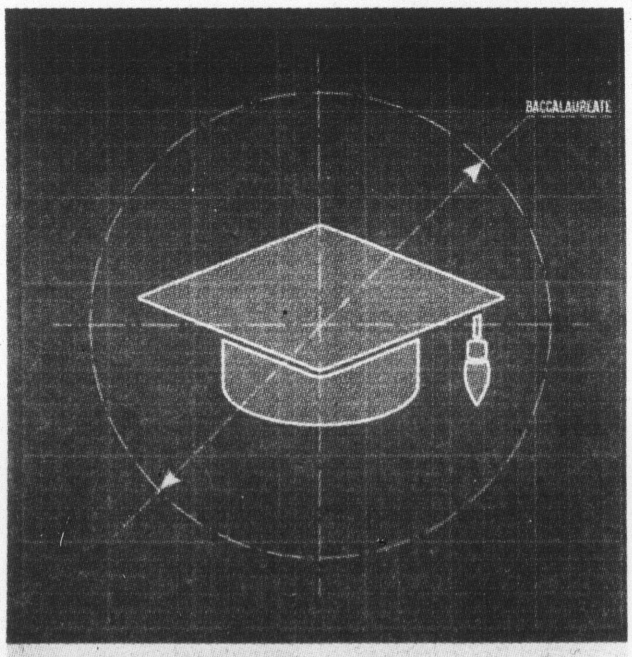
INSPIRATIONAL MESSAGES adorn the walls of the Student Services Center on the second floor of Presidents Place on the Quincy Campus. Quincy College President Peter H. Tsaffaras points out the T-inspired mural in the Registrar's Office.

Quincy Sun Photo/Robert Bosworth



BUILDING TOWARDS A BACCALAUREATE

QUINCY COLLEGE

GOVERNOR CHARLIE BAKER recently signed into law a bill that grants Quincy College the ability to confer 4-year baccalaureate degrees. Quincy College retains its core mission and foundation of open-access certificates and associate degrees and can now begin building towards baccalaureate programs.

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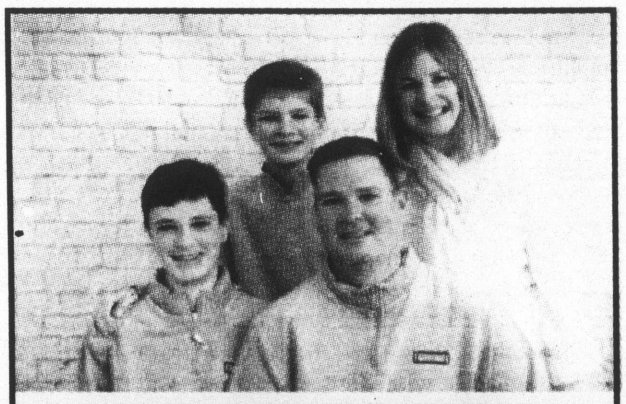

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Quincy College 'An Institution On The Move'

Cont'd From Page 16

"Since we are in a growth mode, we are looking for more space and all options are on the table, including the possibility of building a building somewhere in downtown Quincy," he said. "We've been in discussions with architects, legal and financial advisors and the mayor and the mayor's office about the economics of building a building."

After a decision is made about moving into a new facility, Tsaffaras said the college might look into providing housing for students. The college has had some discussions with nearby schools about the idea, but it has not been a major priority.

"Other than isolated discussions our main focus now would be on whether or not we're going to build a building for the campus," Tsaffaras said. "Once that decision is made then the dorm decision would be addressed in more detail. We just don't have the capacity to do all things for everyone at the same time."

Dorms have not been a major concern for the college's students, Tsaffaras said, though he would expect students – especially the school's 350 international students – would take advantage of one if offered.

"There are students who would take advantage of it – particularly some international students – but it hasn't been an issue," he said.

Quincy College, which was founded in 1958, is the only municipally owned college or university in the Bay State. The college, however, does not receive funding from the city or the state and uses tuition and other revenue sources to pay for its operations. The college has gained greater autonomy in recent years, and Tsaffaras said the school is happy with its current arrangement and does not intend to break away from the city.

"We're happy with our relationship with the city and our accreditors are happy with our relationship with the city," he said. "We removed our funds from the city; we have our own banking situation. We now do our own payroll. We do our own purchasing.

"I think the city is happy with that situation as well. We think – I hope the city thinks it as well – that it's really the best of both worlds for us right now. There are no conversations underway to further disengage with the city. We are happy with that arrangement."

Going forward, Tsaffaras said the school is taking steps to enhance teaching and learning, is investing in its infrastructure – including classrooms and equipment – and investing in student activities.

"We're trying to do things which are going to have a direct impact on teaching and learning and the primacy of the teaching and learning relationship," he said. "We're investing in the infrastructure so it will be sustainable on a long-term basis. We're investing in activities to increase the level of student achievement and satisfaction.

"We're thinking a generation and a half ahead – thirty years ahead," he added. "We want to make decisions which are going to sustain the institution."

Quincy College has articulation agreements with more than 20 schools in Boston and beyond – including Boston University and Northeastern. The school has a dean of inter-institutional affairs and online programs whose responsibilities include articulation agreements.

"At any given point in time we're always in discussions with several other schools regarding articulation programs for certain academic programs," Tsaffaras said.

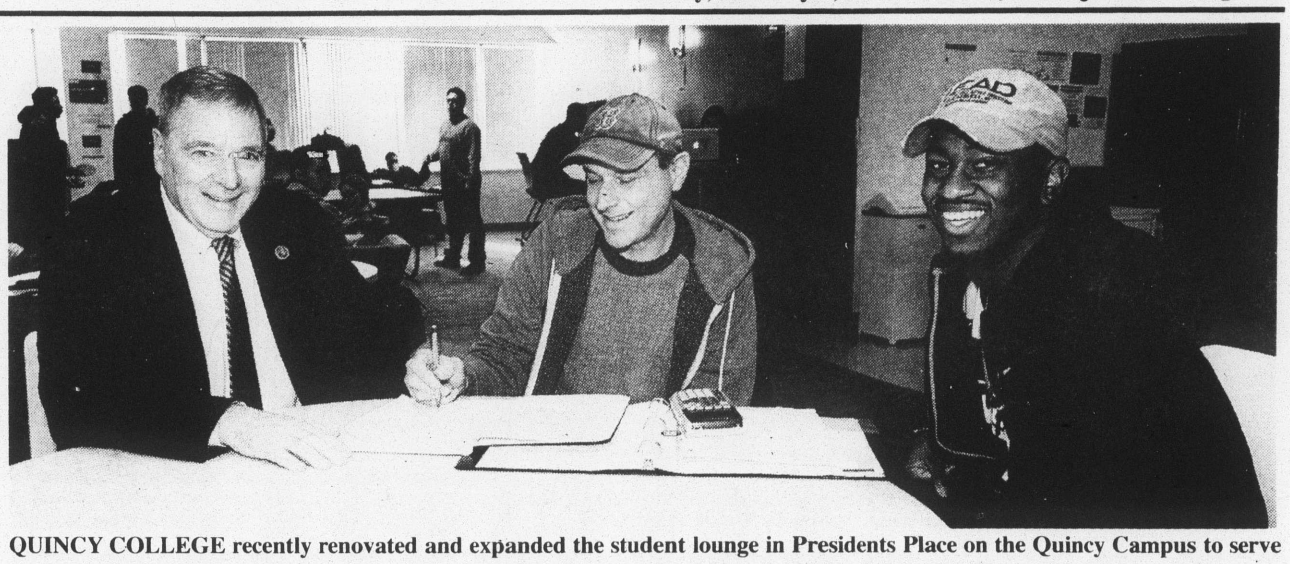
The college, he added, is also discussing the possibility of offering online-only programs with NEASC and could receive permission to do so this spring.

"Right now we have a fairly large online presence but they're Quincy College students who are taking courses online," Tsaffaras said.

"We've asked for authority to offer entire programs online, so we could have someone in South Dakota who could actually – if we receive approval, which we expect we will receive in May – take a whole program here."

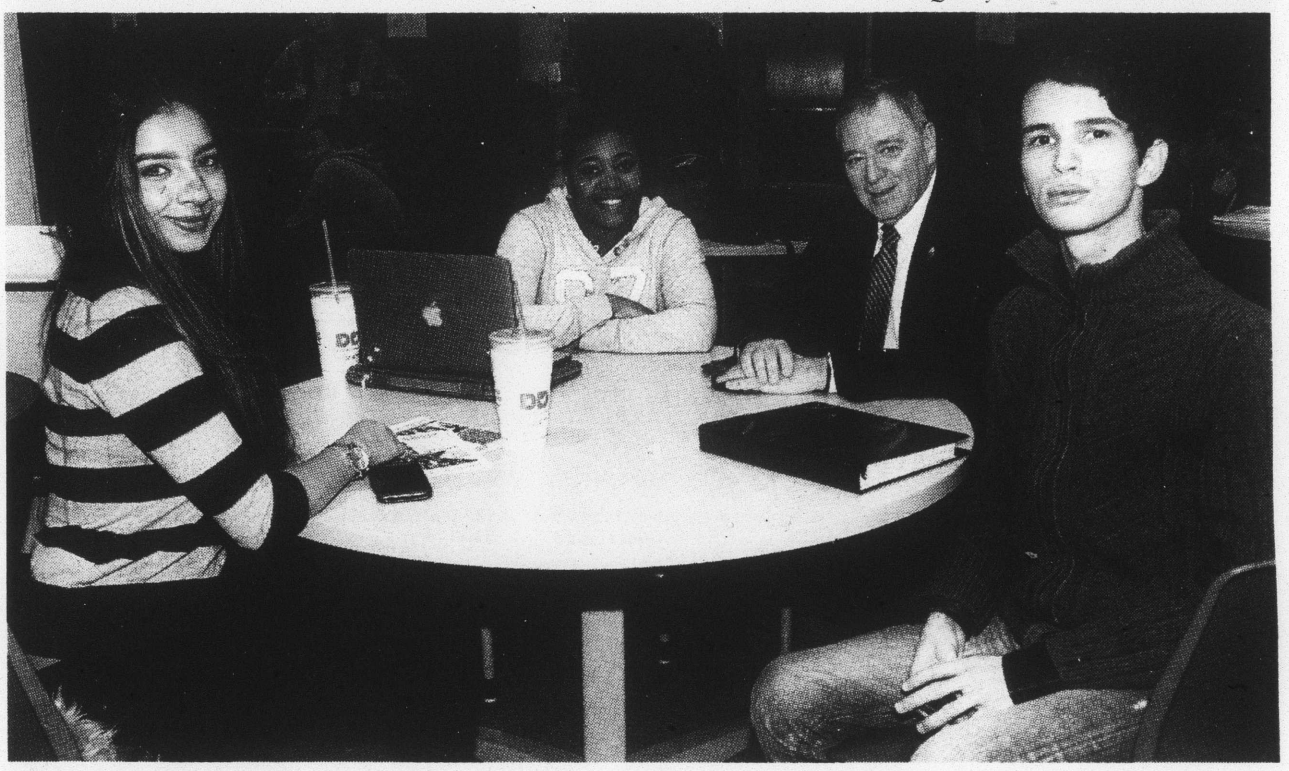
Quincy College is also expanding its athletics program. The college has offered intramural sports in the past, but it is now a member of the National Junior College Athletic Association for basketball and soccer.

"It's all part of enhancing the student experience," Tsaffaras said.



QUINCY COLLEGE recently renovated and expanded the student lounge in Presidents Place on the Quincy Campus to serve their growing student body. The new lounge includes study areas, computer kiosks, flat screen TVs, video games, a ping pong table and ample seating configurations that are responsive to student's needs. Quincy College President Peter H. Tsaffaras (left) connects with Natural Science major, Ben Howe (center), and General Studies major Antonio Belizaire.

Quincy Sun Photos/Robert Bosworth



QUINCY COLLEGE PRESIDENT Peter H. Tsaffaras makes himself available to students visiting the Student Lounge and through his monthly President Unplugged events, which are informal group meetings held monthly where students can discuss their college experience with President Tsaffaras. Pictured left to right in the student lounge are, Visual Arts major, Andrea Diaz, Natural Science major, Nicole Burrell, Quincy College President Peter H. Tsaffaras, and Biotechnology & Compliance major, Vivian Saliaj.

QCAP Hosting Post Office Info Session Feb. 28

Quincy Community Action Programs, Inc. (QCAP), 1509 Hancock St., Quincy, will host a post office informational session Tuesday, Feb. 28 from 2 to 4 p.m.

To RSVP, call: Theresa Whittaker at 617-479-8181 ext. 355

This seminar is intended to let people know about available post office jobs and the requirements of the positions. For people who are interested, there will be a separate day when they take the exam and file other paperwork.

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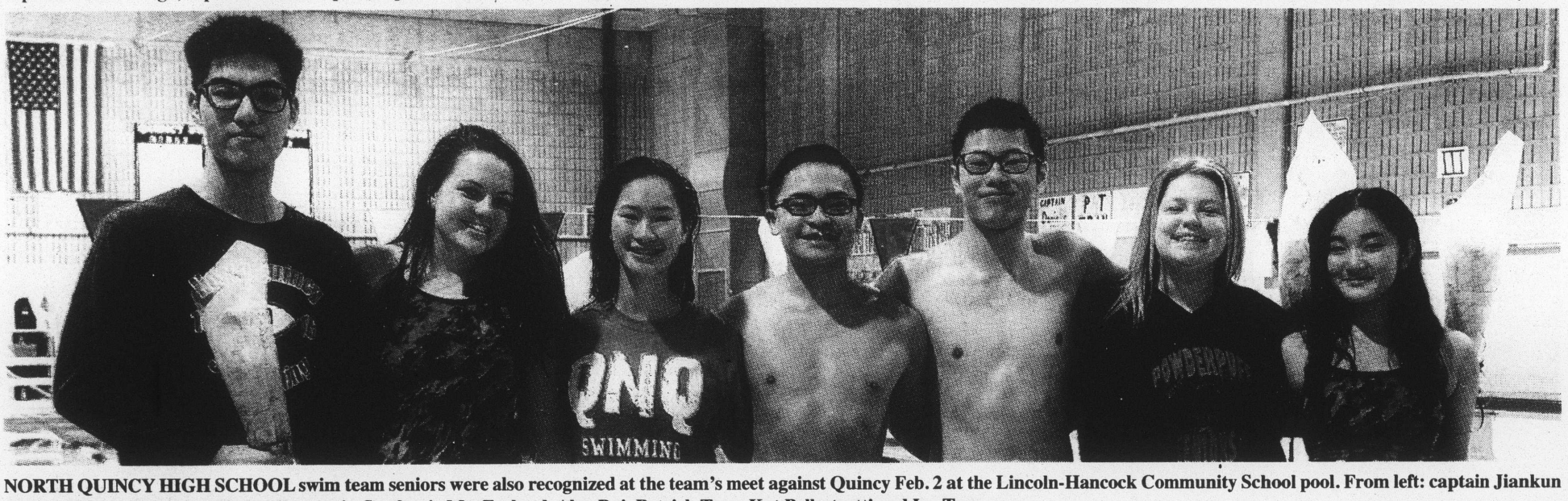
QUINCY HIGH SCHOOL swim team seniors were recognized at the team's meet against North Quincy Feb. 2 at the Lincoln-Hancock Community School pool. From left: captain Thomas Tran, captain Antonio Vega, captain Emilia Kapcia, captain Madison Synan, captain Bailee Carey, Clare Doherty, Mattia Dema, and Kayla Ahrens. *Quincy Sun Photos/Robert Bosworth*



NORTH QUINCY HIGH SCHOOL swim team seniors were also recognized at the team's meet against Quincy Feb. 2 at the Lincoln-Hancock Community School pool. From left: captain Jiankun Zhang, captain Danielle O'Driscoll, captain Stephanie MacFarland, Alex Bui, Patrick Tran, Kat Pollestretti and Ivy Tang.

Quincy Girls Defeat NQ, 94-76

In the girls intra-city showdown, the Quincy swimming and diving team (2-6) prevailed 94-76 over North Quincy (1-7), on Senior Night, Feb. 2nd at the Lincoln-Hancock Pool in Quincy.

Quincy senior captains Bailee Carey and Madison Synan finished one-two in the one-meter dive competition. Carey garnered five scores of seven en route to her 236.55 points. Synan made her last dual meet count amassing a career-high 165.68 points thanks in part to her last dive, a reverse one somersault tuck position, which earned a six and a seven.

Carey also finished second in the 50-yard freestyle swimming 28.06. She was one of six different Quincy swimmers who won an individual race. Junior Tammy Ma touched the wall first in both the 200 individual medley (2:56.27) and the 100 breaststroke (1:25.82). Senior Emilia Kapcia cruised to victory in the 200 freestyle (2:32.91), and ju-

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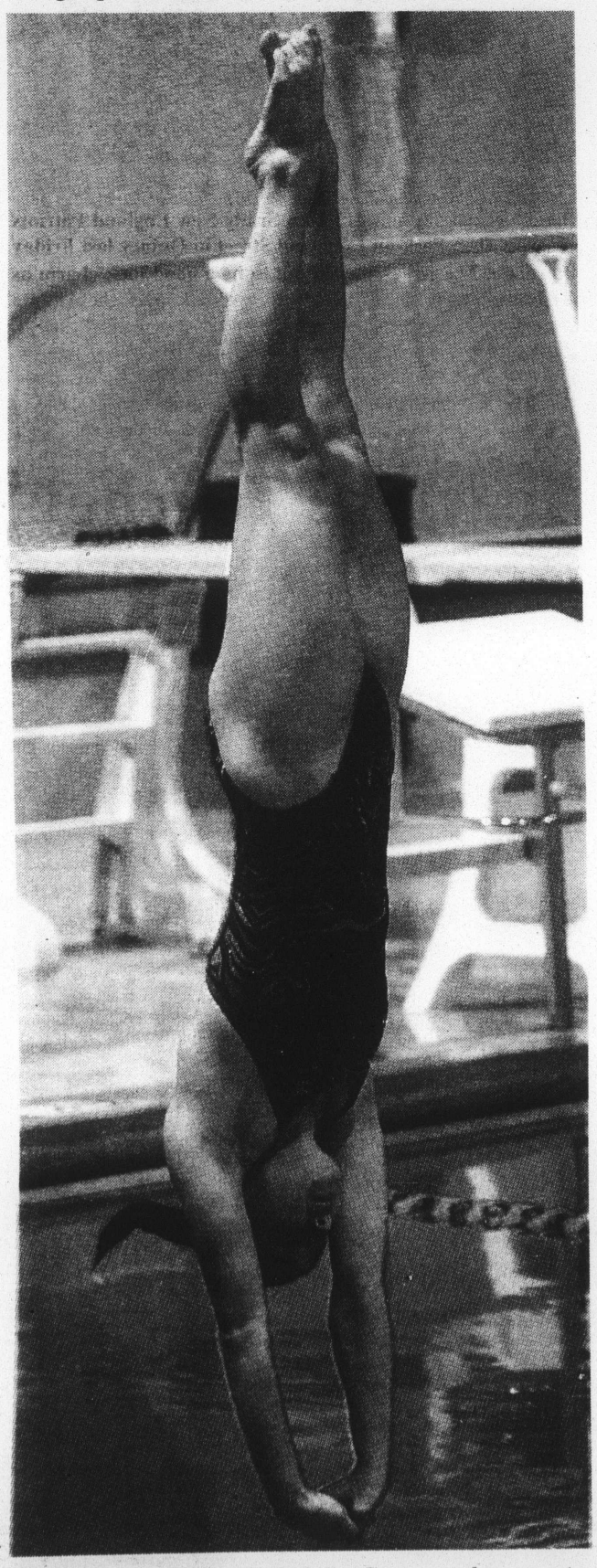
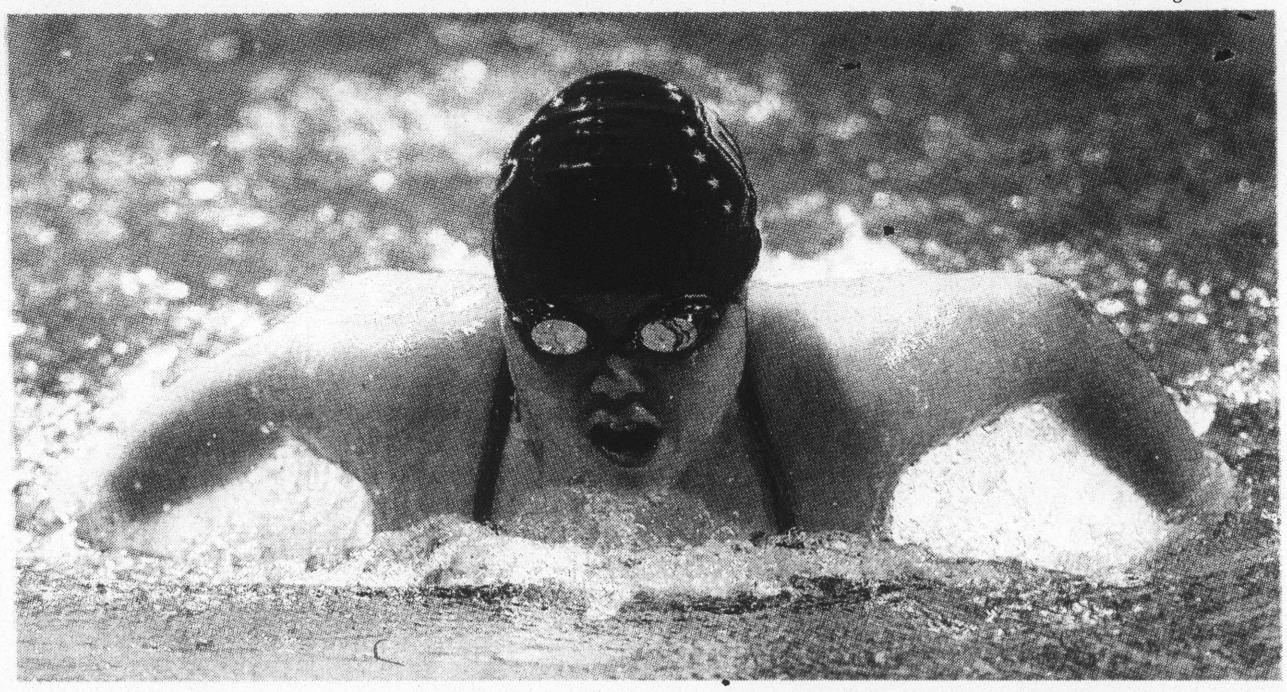
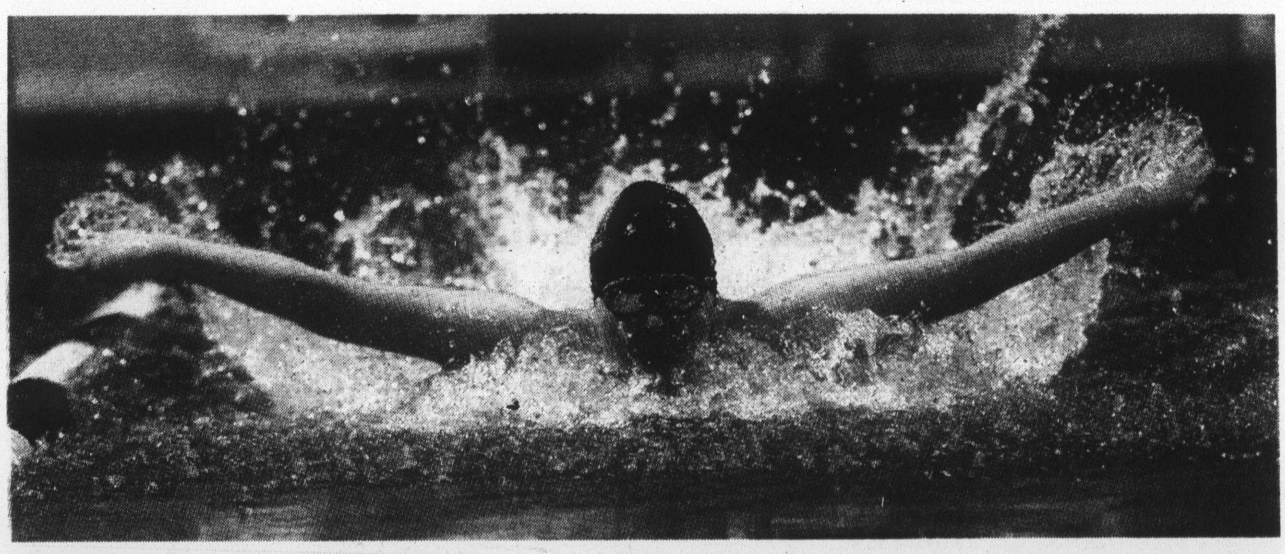


QUINCY SENIOR CAPTAIN Bailee Carey won the one-meter dive competition.



QUINCY JUNIOR Julie Hong won the 100 and 500 freestyle events at the Feb. 2nd swim meet against North Quincy at Lincoln-Hancock School pool.



NORTH QUINCY SENIOR Danielle O'Driscoll (above) with teammates Ina Hoti, Amaryllis Gu and Juliana Chieng won the 200 medley relay with a time of 2:20.53. *Quincy Sun Photos/Robert Bosworth*

QNQ Competes At Patriot League Swim/Dive Championships

Dedicated To Deceased Swim Coach Bob McGillicuddy

Quincy and North Quincy swimming and diving teams hosted and competed in the Patriot League Championships dedicated to their deceased swim coach Bob McGillicuddy this past weekend, Feb. 4-5, at the Lincoln-Hancock Pool in Quincy.

The QNQ boys (4-4) ranked fifth of seven teams compiling 149 points. The Quincy girls (2-6) were sixth (82 points) and the North Quincy girls (1-7) finished seventh overall (62 points).

The QNQ 200-yard medley relay contingent of freshman Stanley Chen (NQ), senior captains Thomas Tran (Q) and Jian Kun Zhang (NQ), and sophomore Kenny Ng (NQ) swam a South Sectional qualifying time of 1:52.26 good enough for fourth. Zhang and Tran capitalized on their last Patriot Championships earning All-Star accolades for their fourth-straight year and finishing in the top-five in all of their events.

In the 100 butterfly, Zhang established a North Quincy school record with his third-place time of 55.55 followed by Tran in fifth (1:00.78) then the dynamic duo cruised to a one-two finish in the 100 breaststroke with Zhang besting his own North Quincy school record to 1:03.24 followed by Tran at 1:06.10. The pair also joined Ng and sophomore Kevin Warner (Q) for fourth in the 200 freestyle relay.

Patriot League All-Star and Quincy senior captain Bailee Carey compiled 423.40 points en route to her silver medal in the one-meter dive competition. Carey also earned ninth in the 50 freestyle (27.95) behind North Quincy's Juliana Chieng who swam a South Sectional qualifying time of 26.83 landing her fifth. Chieng united with senior captain Stephanie MacFarland and juniors Julia Klincewicz and Brenna Kirby for sixth in the 200 freestyle relay (1:57.98) beating their seed time by close to six seconds. Quincy senior captain Madison Synan finished seventh in the one-meter dive competition with 136 points.

Two QNQ boys cracked the top 10 of the 200 individual medley with sophomore Guilherme Eller (Q) capturing eighth (2:44.81) followed by freshman Logan Almeida (Q) in 10th (2:51.58). In the 200 freestyle, sophomore Kevin Warner finished at 2:15.73 for ninth while junior captain Daniel Wong (NQ) swam 2:40.67 for 15th. The 50-yard freestyle saw three QNQ swimmers climb to the top-14 including sophomores Kenny Ng (NQ) and Adam Tlacxolal (NQ) and freshman Brendon Lee (NQ) swimming 25.61, 25.88, and 27.38 respectively. Warner and Eller placed ninth (6:35.51) and 10th (6:39.59) in the grueling 500 freestyle while Tlacxolal notched seventh (1:13.74) in the 100 backstroke followed by Stanley Chen in 10th (1:17.48). The quartet of Ng, Tlacxolal, Eller and Warner took sixth in the 400 freestyle relay (4:06.79).

Quincy senior Emilia Kapcia's time of 2:34.27 in the 200 freestyle placed her 15th while teammate Tammy Ma, a junior, earned 14th in the 200 individual medley (3:00.83). Quincy junior Kathryn Casey clocked a season-low time of 1:20.27 in the 100 butterfly for 11th followed by teammate Julie Hong who finished in 13th (1:23.28) and North Quincy senior captain Danielle O'Driscoll in 15th (1:27.62).

The 100 freestyle saw three Quincy girls and two NQ girls make the top-20. For Quincy, freshmen Alison Cahill (1:07.58) and Emma Jaehnig (1:12.33) and sophomore Hannah Ford (1:12.93) finished 13th, 19th and 20th, respectively; and North Quincy's Julia Klincewicz and Brenna Kirby were 16th (1:09.71) and 18th (1:11.11). Quincy swimmers junior Julie Hong (6:59.64), sophomore Kumidini Devalla (7:25.88), and junior captain Izadora Lenna (7:25.99) and senior captain Emilia Kapcia (7:30.06) finished in places 13 through 16 in the 500 freestyle. Quincy senior Kayla Ahrens placed 15th in the 100 backstroke (1:25.82), and teammate Tammy Ma captured 13th in the 100 breaststroke (1:27.01).

The Quincy 200 freestyle relay of Alison Cahill, sophomore Eni Daci, Kapcia and Carey finished eighth (2:00.54), and the 400 freestyle relay unit of Cahill, Ma, Kapcia and Devalla placed ninth (4:41.25). Two of those swimmers, Devalla and Ma joined Casey and Carey for eighth in the 200 medley relay (2:17.42). In that same race, North Quincy junior Ina Hoti, freshman Amaryllis Gu, Chieng and O'Driscoll were ninth (2:17.53). O'Driscoll and Hoti teamed with Kirby and Klincewicz for 10th in the 400 freestyle relay (4:45.65).

The girls and boys will compete Feb. 11-12 at the South Sectionals at the Massachusetts Institute of Technology.

JACK PEPDJONOVIC, age 7, admires the Granite Workers Statue decked out in a #12 Tom Brady New England Patriots jersey at Shea Park on Copeland Street in Quincy last Friday afternoon. The jersey turned out to be a good luck charm as the Patriots won their 5th Super Bowl title over the Atlanta Falcons 34-28 in overtime Sunday. Brady became the first NFL quarterback to win five championships and also won his fourth Super Bowl MVP. Jack is the son of Noreen and Tom Pepdjonovic. The park is dedicated to the Quincy granite workers.

Photo Courtesy Noreen Pepdjonovic

Presidents Icemen Need 'Serious Run' To Make Tourney

By JOE REARDON

There's no doubt about it. At this point, it's make or break time for the Quincy High hockey team.

Saddled with a 3-10-1 record in early February, the Presidents have to go on a streak of, let's face it, monumental proportions, to salvage the season and a shot at the postseason.

"We have to go on a serious run here if we want to do some damage," said head coach Ted Walsh. "We'll go back to work. I'm not dissatisfied with the effort, but it's a result oriented league and the result was a loss. We want this to drive and motivate us. We want to make sure it doesn't happen again. When you play teams like this with snipers you have to minimize mistakes in your end. Mistakes were made and they capitalized on them."

That's not to say the Presidents haven't been playing hard - they have.

From Day One, effort has never been an issue for Walsh or his coaching staff. Quincy has simply been snakebitten when it comes to scoring goals. And when you don't score goals consistently in the Patriot League, you're going to struggle.

Last Saturday's 2-0 loss against league opponent Pembroke at Hobomock Arena may have been the most frustrating contest of the season for Quincy. The Presidents got on the board first, only to have it erased by a questionable penalty in front of the Titans' net. Quincy also clanged a pair of shots off the crossbar behind Pembroke's white hot goaltender Brendan McLaughlin (27 saves).

While frustrated, Walsh could only shrug off the game as one that got away.

"We had our chances," he said. "I thought it was a good, even game. Give them the credit. They have the goal scorers. They outcompeted us for the goal in front. We worked a lot of shoring up the coverage in our end. It's been better, but it's not good enough yet."

Walsh couldn't fault the referees for the penalty call on what would have given the Presidents a 1-0 lead. "It was tough to swallow that one," he said. "It was incidental contact, but I can't blame the game on the referees and I wouldn't blame the game on the referees. They have real time. They don't have the benefit like we do. That puts us up 1-0."

Quincy skated hard and manufactured its opportunities in the first period, peppering McLaughlin with nine shots, the best bids coming on a point-blank blast by Shamus McBride and one from Bobby Dunn at the top of the left circle. Quincy goalie Dan Murphy (27 saves) was sharp early down the other end of the ice, robbing Brad Harland with a pad stop on a quick wrist shot with 4:05 remaining.

The Presidents looked good killing two penalties to start the second period and Murphy continued to frustrate the Titan offense with a nifty glove stop on a Cam Judkins wrist shot. Quincy very nearly got on the board on a turnover in front of the Pembroke net, but the shot was high and deflected off the crossbar.

Pembroke finally got to Murphy when a seeing-eye slapshot from the point by Zach Simpson found the back of the net for a 1-0 lead with 7:42 remaining. McLaughlin robbed Mike Tervakoski on a break coming down the right wing and Quincy caught a break on a Sam Brown shot that hit the crossbar.

Quincy came out fast in the third period as Pat Quirk, Griffin Lynch and Tervakoski all had serious bids, only to have McLaughlin cover them up. It was the Titans, though, who lit the lamp when Simpson picked up a loose puck in front of the Presidents' net and stuffed it under Murphy with 11:11 remaining for the 2-0 lead.

The Presidents continued to have chances in the period, the best coming on a wicked wrist shot by Lynch that McLaughlin snared with his glove. Murphy had the save of the game when he turned away a quick Nolan Reardon shot after a perfect feed from Josh Duchini racing down the wing with 2:55 remaining in the game. Quincy pulled Murphy for an extra skater with 1:18 left, but the Presidents weren't able to pressure McLaughlin, who picked up his second consecutive shutout.

"We honestly thought we could win this game," said Walsh. "We had a game plan to put our second line on their first line and hope they didn't score and free up our first line."

Snug Harbor School Summer Camps Topic Of Community Meeting

Ward 1 Councillor Margaret Laforest will host a Community Meeting to discuss Snug Harbor School Summer Camps Wednesday, Feb. 15 at 6:30 p.m. at the Snug Harbor Elementary School Gymnasium, 333 Palmer St.

"The YMCA is interested in utilizing the Snug Harbor School facilities for their summer program," Laforest said.

"This year they will be combining their camp program and the Germantown Neighborhood Center camp programs. Representatives from the YMCA, Quincy Public Schools, Germantown Neighborhood Center and Quincy Recreation will be in attendance to discuss their plans and answer questions and concerns.

"If you are unable to attend but would like to share your comments, please send a letter to Principal MacNeil, 333 Palmer St., Quincy, MA 02169 or email margaretmacneil@quincypublicschools.com."

Laforest said residents who live in the community are encouraged to attend the Feb. 15th meeting and participate.

For more information, contact Laforest by phone at 617-376-1351 or by email at mlaforest@quincyma.gov.

Bob McGillicuddy 'Inspired Kids To Do Their Best'

Cont'd From Page 4

one clapped because it was about the sport.

"It was about the team and that was the most important – not necessarily the individual times."

The respect was mutual. Those he taught and coached knew he was a special person.

"A lot of students have expressed how much they loved his class. He made science fun. The swimmers all said he was a great coach – very special in terms of their development," Kara said. "He was inspiring."

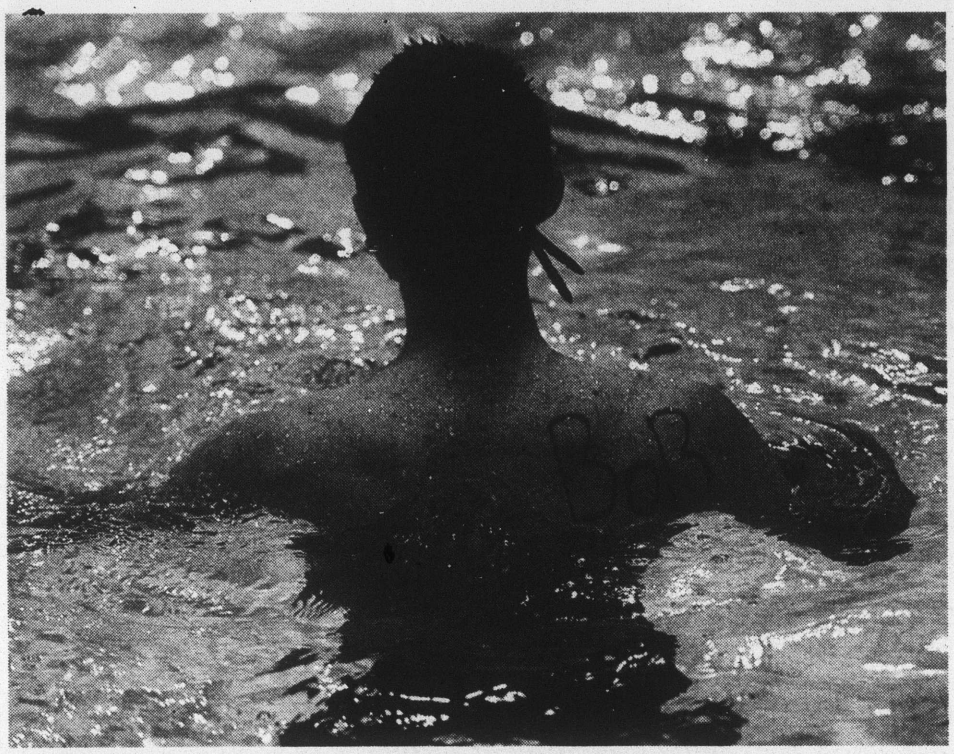
Kara got involved in the swim program at her brother's request. He wanted publicity for the program and thought sharing highlights of the team and players was important for not only the school community but the entire city.

"It was always about the kids," said Kara, who has worked in the sports information field for over 10 years. "It was never about him."

For her dedication to the program, Bob nominated his sister for an award from the Eastern Massachusetts Swimming Coaches Association. The year before, he had received the same award.

"Compared to him and his impact on the sport of swimming in both Hanover and Quincy, I definitely didn't deserve it but it was his way of trying to say thank you for all that I've done and showing how much he appreciated what I did."

Robert McGillucuddy graduated from Lesley College with a bachelor's degree in 1994 and went on to earn a Master's degree in education in 2002 from Framingham State College. He had taught at Sterling Middle School since 1994.



THE MEMORY of the late swim coach Bob McGillicuddy was on the minds of Quincy and North Quincy swimmers at the teams' meet Feb. 2 with many of them writing the first name of their beloved coach on their shoulders and arms. *Quincy Sun Photo/Robert Bosworth*

Mr. McGillicuddy earned four citations from the Commonwealth of Massachusetts for his excellence in the teaching of middle school science. He also merited recognition from both the Massachusetts Association of Science Teachers and Quincy Pubic Schools in 2008. Among his other awards was a "Thanks to a Teacher" honor in 2007.

As swim coach, he reinvigorated the Quincy/North Quincy high school swimming and diving program amassing 61 victories in eight years (61-98-1 overall, 40-81 Patriot League Conference.) From 2009-2013, the combined team of Quincy-North Quincy girls earned a 25-18 record overall and 17-13 count in the highly competitive Patriot League conference culminating into two 3rd-place finishes in 2010-2011, and 2011-2012. In each of those four seasons, QNQ girls finished in the top-33 at the Division I State Swimming and Diving Championship.

After his QNQ combined boys teams collected only four wins in his first three seasons, QNQ went 17-8 in four seasons including Dec. 13, 2016, his last meet, where he finally defeated the Hingham boys team (82-74) for the first time in eight seasons. Bob's best boys team finished 3rd at the Conference Championships in 2013-2014 after accumulating six wins for the second consecutive season. Bob earned the Meritorious Service Award from the Eastern Massachusetts Interscholastic Swim Coaches Academy in the 2014 school year.

Bob had directed the Quincy Middle School Swimming and Diving Championships since the 2010-2011 school year which has seen close to 800 students participate. He instituted a Learn-to-Swim program in the City of Quincy and brought Olympians to Quincy for stroke and technique clinics, through the Fitter and Faster Swim Tour.

"Do your little bit of good where you are," he was fond of saying. "It's those little bits of good together that overwhelm the world."

After the Dec. 13th swim meet victory over Hingham, Bob went to the hospital with a painful swollen leg. About three weeks ago, he was diagnosed with Amyloidosis.

Robert McGillicuddy Obituary - Page 27

Kara said her brother went on an experimental treatment for the rare disease – the first to try this specific one.

"He said, 'If they can learn anything from my experience I would want them to." Bob was a scientist. It's a rare disease. He was just unlucky," Kara said.

One of the last things he wanted to do was to make it to the Jan. 28th swim meet. "But he just couldn't. The disease just took him. That's what he was living for. To come to the swimming meet."

Bob passed away with family at his side.

"The last thing he told me was 'I love you.'"

Asked if she had a message to those who are grieving her brother's loss, Kara replied:

"I want to say thank you. Bobby always believed in leaving something better than when you found it and the world was certainly better when he found it. He would say, 'keep on swimming, just keep on swimming.'"

Bob was born April 13, 1964. He was the husband of Carla Angevine from Hanover; the father of Christopher, Caitlin and Matty McGillicuddy of Hanover.

The second of five children, Bob was the son of Robert and Mary McGillicuddy of Winchester. His siblings include the deceased Mary Teresa McGillicuddy of San Francisco, CA; John McGillicuddy of Revere, Kathy Bell and her husband Chris of Quincy; and Kara McGillicuddy of Winchester.

Bob was also the loving uncle of Kailin and Hannah Bell of Quincy.

DeCristofaro described McGillicuddy as a caring, giving, kind, thoughtful and generous teacher and coach.

"First and foremost Bob McGillicuddy was a great teacher and a great coach because he cared about each and every person in front of him. Bob was also an exemplar educator – someone who would always make sure that each and every child in his classroom or in the pool was taken care of when they got there and when they left.

"He always made sure that he took care of the kids.

DeCristofaro said there are plans for a special tribute for Bob as well as a permanent memorial to the beloved teacher-coach.

"We do have some plans about having an event at the pool with the alumni swimmers who loved Bob very, very much as well as the current swim teams, parents, Bob's family and really have a nice tribute for him. And perhaps get a scholarship going in his memory," the superintendent said.

"There will be things in the future that we need to do to make sure we never forget the memory of Bob McGillicuddy."

To share memories of Bob McGillicuddy, receive updates and/or donate to the family, visit the Bob McGillicuddy's Family Support Fund on www.youcaring.com.

Bob McGillicuddy's Impact On Swimming And The Community

By KARA McGILLICUDDY

In order to show exactly what my brother did for the community and for the sport of swimming, I would like to talk about what he didn't do:

• He didn't let user fees prevent kids who couldn't afford to pay from competing on the team. He paid the money out of his own pocket.

• He didn't let a swimmer who could easily have rewritten the record books and bolster his team participate because she and her family weren't willing to play by the rules.

• He didn't stay silent when an opponent chanted the racially insensitive "USA" directed towards his diverse teams at a dual meet.

• He didn't let his swimmers/divers not eat when they traveled as a team because they couldn't afford it, he simply paid for their meals.

• He didn't let money prevent him for advocating for the expensive sport of swimming in a coastal community who he repeatedly argued needed to learn how to swim.

CAREER HIGHLIGHTS

• In 2006-07, Bob was asked by a former athletic director on how to improve the high school program. Bob had an eight-year plan but the AD asked him to do it in four years.

• 2007-08 - Became meet director for Quincy Middle School Swim Meet.

• 2008-09 - Became South Shore YMCA assistant swim coach, tried to be an ambassador for both Hanover where he lived and Quincy where he taught.

• 2009-10 - Became the head coach of QNQ boys and girls teams.

• 2009-13 - The combined team of Quincy/North Quincy girls earned a 25-18 record overall and 17-13 count in the highly competitive Patriot League conference culminating into two 3rd-place finishes in 2010-2011, and 2011-2012. In each of those four seasons, QNQ girls finished in the top-33 at the Division I State Swimming and Diving Championship.

• 2010-2011 - Ran middle school and high school programs.

• 2011-2012 - Hosted the Patriot League Championships single-handedly. Feb. 4, 2017 would have been the sixth consecutive championship he hosted.

• 2013-2014 - Middle school program has ballooned from 70 athletes to 176. There is a partnership between Quincy Public Schools and YMCA. There is a Learn-to-Swim program for Lincoln-Hancock and Clifford H. Marshall elementary schools.

• 2014 - Bob earned the Meritorious Service Award from the Eastern Massachusetts Interscholastic Swim Coaches Academy in 2014.

• 2014-2015 - Brought the Fitter and Faster Tour to Quincy where Olympians taught stroke and technique clinics.

• 2016 - After his QNQ combined boys teams collected only four wins in his first three seasons, QNQ went 17-8 in four seasons including Dec. 13, 2016, his last meet, where he finally defeated the Hingham boys team (82-74) for the first time in eight seasons. Bob's best boys team finished 3rd at the Conference Championships in 2013-2014, after accumulating six wins for the second consecutive season.

• 2016-17 - Hanover, thanks to the encouragement of Bobby, started its own middle school swim program.

• 2016-2017 - 61-98-1 overall, 40-81 Patriot League conference, 1-0 Co-ed team.

VOICE FOR HEALTH
by Dr. Gabrielle Freedman
Chiropractor

AVOIDING INJURY ON THE SLOPES

To get in shape for the ski season, skiers should first attend to their cardiovascular fitness, which can be developed through rollerblading, tennis, and soccer. These sports feature lateral movements similar to skiing and provide a good cardio workout. To reduce risk of injury, skiers should look to improve flexibility in their hips, thighs, groins, and lower backs. Next comes strength training, which focuses on the quadriceps muscles to protect the knees. Balance and agility are also vital and can be developed by doing lateral box jumps and tuck jumps. If any of these exercises prove problematic, chiropractic assessment and treatment can lead to improved joint flexibility, balance, and agility, which are needed to improve muscle strength and cardio fitness.

Here at **FAMILY PRACTICE OF CHIROPRACTIC**, our mission is to support as many people as possible in their quest for health and to educate them about chiropractic so they in return can educate others. To schedule an appointment please call **617-472-4220**. We see infants, children, pregnant women, adults and also patients into their 80s and 90s. We often help patients that have tried many other types of treatment, even other chiropractors, to no avail. Our practice is located at **112 McGrath Hwy., Quincy.**

P.S. If you begin falling on the ski slopes, resist the urge to throw out your hand to stop yourself, and do not try to stand up while still sliding.

www.freedmanchiro.com

Bob McGillicuddy Tributes From Friends, Colleagues

His Legacy Extends Far Beyond The Lanes At The Lincoln Hancock Pool

By MARISA FORRESTER
Quincy High School Girls Swim Coach

Bob contacted me to become his swim coach. My sister, Marlena Forrester, was a senior captain in 2012-13. My mother, Marcia Forrester, a QPS teacher, was a part of the QNQ booster club. Bob would often come and sit with my mom at meets - mostly to thank her - he always made the point to thank anyone who helped or supported the team.

One day he said he wanted to make "her other daughter" (me) his assistant coach. I had not known Bob, but I had swam for the QNQ swim team while I was at NQHS, before Bob was the high school coach. The next year, I was in my first year of teaching 3rd grade at the Quincy public schools and Bob called and asked if I would be his assistant for that season. I had always loved my QNQ team and wanted to be involved.

I first met Bob at a sign up meeting at NQHS. I arrived a few minutes late and I found Bob standing in the cafeteria. He looked at me and said "its over, everything is all set." I soon realized this was Bob. Always appreciative of help, but Bob always had everything "all set." No matter how many times I offered, he took care of everything.

Through my first year of coaching as Bob's assistant, he was patient. He frequently repeated "it's a learning curve."

He was positive, supportive, and appreciative. Although he still took care of mostly everything, I learned more than I could have ever imagined from him. Bob not only made everything happen, he did it in such a wonderful way. Always thinking of others, especially the kids.

When it came time for sectionals and states, Bob introduced me to the rest of the swimming world. Bob had a special connection with countless people across the state. He was always eager and excited to see these people. He greeted them with a big smile and always shared a laugh. What I remember best was that he made sure to make me feel included in meeting these people. It was a special privilege.

The following year, the Quincy and North Quincy teams officially split. Although our practices remained together, I would become Head Coach of QHS and Bob would take NQ. I still feel so honored that he gave me this opportunity. Seemingly past my learning curve, I helped Bob more and more. But he still would take care of many things himself. For example, the League Meet was his big event. Ever a gracious host, he planned every last detail from a catered lunch to ink for the printer. He did at least let me buy some soda for the coaches that year.

This year has been exceptionally hard. Although I am a head coach, Bob was "the swim guy." He truly was the heart and soul of the entire City of Quincy's swimming and diving program. I just wanted to fulfill my privilege of being able to work along side him. Even when I asked Bob throughout the last couple of months how he was doing, he would respond, "good!" and then start listing off new workouts to try that next week at practice. He didn't want anything to keep him from being apart of our team.

My sole goal now is to make this season as great as I possibly can for these swimmers, especially the seniors. Every time I thanked Bob, he would reply "it's for the kids." Now that saying is what drives me. That, and "its for Bob."

We had a special tribute to Bob Feb. 2nd at the Quincy - North Quincy meet. The night went back and forth from tears, to laughter and back to tears. Bob told us to laugh, not cry. I told my team, that although I cannot help but cry, it does help to think of all the laughter we've had with Bob. Bob is truly special, beyond words. He was always warm, caring, and loving. He encouraged each athlete and student and paid special individual attention to them. Words can't even describe what a monumental mentor he has been to me.

Saturday was our big Patriot League Championship swim meet. Although this was always one of Bob's "it's all set" projects, it has now taken a team of myself, Coach Julia Kusiak-Carey (Bob's NQ assistant) and Coach Barb Toohey of Hanover High, along with the athletic offices and administration of the Quincy Public Schools, and help from the Quincy YMCA. It is truly taking a team to fulfill Bob's enormous shoes.

"Bob will always remain in the heart of many Quincy, South Shore, and Massachusetts swimmers. His legacy extends far beyond the lanes at the Lincoln Hancock Pool. He will be so unbelievably missed."

ROBERT 'BOB' McGILLUCUDDY

Bob Was Instrumental In Renovating School Greenhouse

Christine Barrett, former principal at Sterling Middle School and now the principal at Point Webster Middle School fondly remembered her colleague Bob McGillicuddy.

Barrett said Bob was instrumental in getting the greenhouse renovated and up and running. He helped maintain the "island" that Sterling maintains by planting and mowing the grass.

For Cleaner Greener, he worked with Gina Joyce and helped recruit volunteers from staff and students to plant, trim bushes, mulch and beautify the school each year. He helped get the new garden started out back. He planted sunflowers on the side of the school and then used the seeds to help feed chickens that resided on someone's farm. Considered by some the "ultimate food cycle king," he was the only one who had the code to the tool shed other than the principal!

Bob fenced in the composters and worked on composting with students.

He was a good sport in that the school ran Pennies for Patients fundraising campaigns each year and one of the highlights was throwing a pie in different volunteer teachers faces. He got pied one year!

Bob was integral in preparing the 8th grade for the MCAS in that he researched prior tests that were public, analyzed the questions and made sure that grade 8 students reviewed all the possible areas of the test to help increase their scores.

Bob and swimming is a whole second chapter:

He ran free swim clinics to help any Quincy students to learn to swim and improve their strokes without taking compensation for his efforts.

He took a small high school swim program that had to combine for years to compete and brought the program to a thriving competitive team that is now winning several meets with students qualifying for post season sectional and state meets. He helped build the middle school swim programs to higher numbers of participants, smoother and awesome city meets and had a love for the sport that was evidenced by the love his swimmers had for him.

His nicknames were many: Bubbles, Wombat, Bruce just to name a few.

Best sayings: "Best day is test day," "where's the homework, you owe me" to students who were already at least a grade older and in some cases, former students in their 20s or up.

Quincy/North Quincy Swimming And Diving 4-Year Career Highlights Of 3 Student-Athletes

Four-year career Highlights of student-athletes Thomas Tran (Q), Jian Kun "Tommy" Zhang (NQ) and Bailee Carey (Q) under the tutelage of swim coach Bob McGillicuddy:

QUINCY SCHOOL RECORDS

200 Medley Relay 1:48.95 Tommy Zhang (NQ), Thomas Tran (Q), Randall Kwong (NQ), Mike Mullaney (NQ) 2015

200 Free Relay 1:38.84 T. Zhang, T. Tran, R. Kwong, Mason Francouer (Q) 2015

400 Free Relay 3:45.04 T. Zhang, T. Tran, Elio Daci (Q), R. Kwong 2014

100 Breaststroke 1:03.60 Thomas Tran 2016

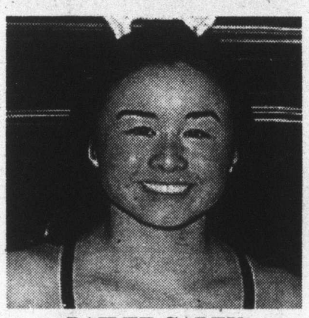
NORTH QUINCY SCHOOL RECORDS

100 Breaststroke Tommy Zhang 1:03.41 2017

Bailee Carey

2016-17 qualified for both Sectionals and States

2016 States 3rd, 505.10 points



BAILEE CAREY

2016 Sectionals 3rd, 468.25 points

2016 Patriot League 1st, 216.40 points

2015 States, 8th, 399.35 points

2015 Sectionals, 7th, 416.40 points

2015 Patriot League, 2nd, 398.50 points

2014 South Sectionals Semifinals 17th 243.95 points

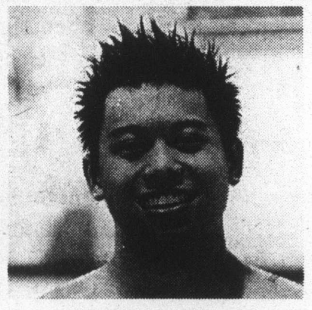
2014 Patriot League 3rd, 340.50

Thomas Tran

2016-2017 qualified for Sectionals 200 IM 2:11.90 (1/12/17) and states 100 breaststroke 1:05.39 (1/19/17)

2016 Division I States 25th 100 breaststroke 1:04.20

2016 South Sectionals



THOMAS TRAN

24th 100 butterfly 59.72; 16th 100 breaststroke 1:05.49

2016 Patriot League All-Star 6th 100 fly 1:00.88; 3rd 100 breaststroke 1:04.63

2015 Division I States 18th 100 breaststroke 1:04.96

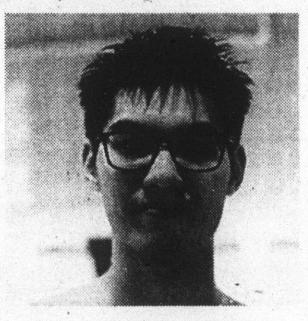
2015 South Sectionals 36th 100 butterfly 1:00.13; T10th, 100 breaststroke 1:04.78

2015 Patriot League All-Star 2nd 100 breaststroke 1:04.31; 3rd 100 butterfly 59.81

2014 Patriot League All-Star 5th 100 butterfly 1:04.73; 2nd 100 breaststroke 1:12.25

Jian Kun "Tommy" Zhang

2016-2017 qualified for sectionals 200 IM 2:10.19



JIAN KUN "TOMMY" ZHANG

(12/20/16) and for States in 100 fly 56.91 (12/20/16), 100 breaststroke 1:03.41 (1/12/17), 50 free 23.44 (1/12/17)

2016 Division I States 28th 100 butterfly 56.88; 22nd 100 breaststroke 1:03.93

2016 South Sectionals 13th 100 breaststroke 1:04.31; 15th 100 butterfly 56.70

2016 Patriot League All-Star 4th 100 fly 56.73; 2nd 100 breaststroke 1:03.81

2015 South Sectionals 27th 100 backstroke 1:00.46

2015 Patriot League All-Star 3rd 100 backstroke 1:01.79; T4th 50 free 24.54

2014 Patriot League All-Star 3rd 200 free 2:06.23; 3rd 100 breaststroke 1:12.58.

Richard Hui On Becker Dean's List

Richard Hui of Quincy was named to the Dean's List for the fall semester at Becker College in Worcester.

Hui is pursing a Bachelor of Arts degree in interactive media design.

Raymond Mei's NQ Hoop Debut One For The Ages

Team, Fans Celebrate After Hard-Working Senior Scores 7 Points For Red Raiders

By MICHAEL JOYCE
Athletic Director
NQ High School

We're all different, and we're all the same. People have infinite looks and likes, dreams and desires, abilities and apprehensions; but we also share equally infinite similarities. We want to respect and be respected, we want to connect and feel connected, and we all want to celebrate what makes us – us.

It is this celebration of diversity that I am lucky to see every day in the halls and classrooms of North Quincy High School, and never more so than what was on display during the final two minutes of our boys' basketball game Friday, Jan. 27th. The Raiders were home against Boston Trinity Academy. They were enjoying a comfortable lead throughout the game when North Quincy head coach, Kevin Barrett, looked down his bench and called out a name that up until that point of the season he hadn't yet used.

At the 2-minute mark of the fourth quarter Senior #44 Raymond Mei made his North Quincy basketball debut to thunderous applause from his fans, his teammates, his teachers and his fellow students who had packed the gym to watch him hit the floor for the first time. The moment was his, and boy did he capitalize.

Raymond's moment came after years of hard work and determination. Not just on the basketball court either; Raymond has special needs so his hard work, and the hard work of those who work with him in our Special Education Department Learning Center, has started early in the morning for many years. Friday's game was the culmination of a lot of free throws and a lot of speech practice with his counselors; hours of dribbling and hours of math and writing with his teachers.

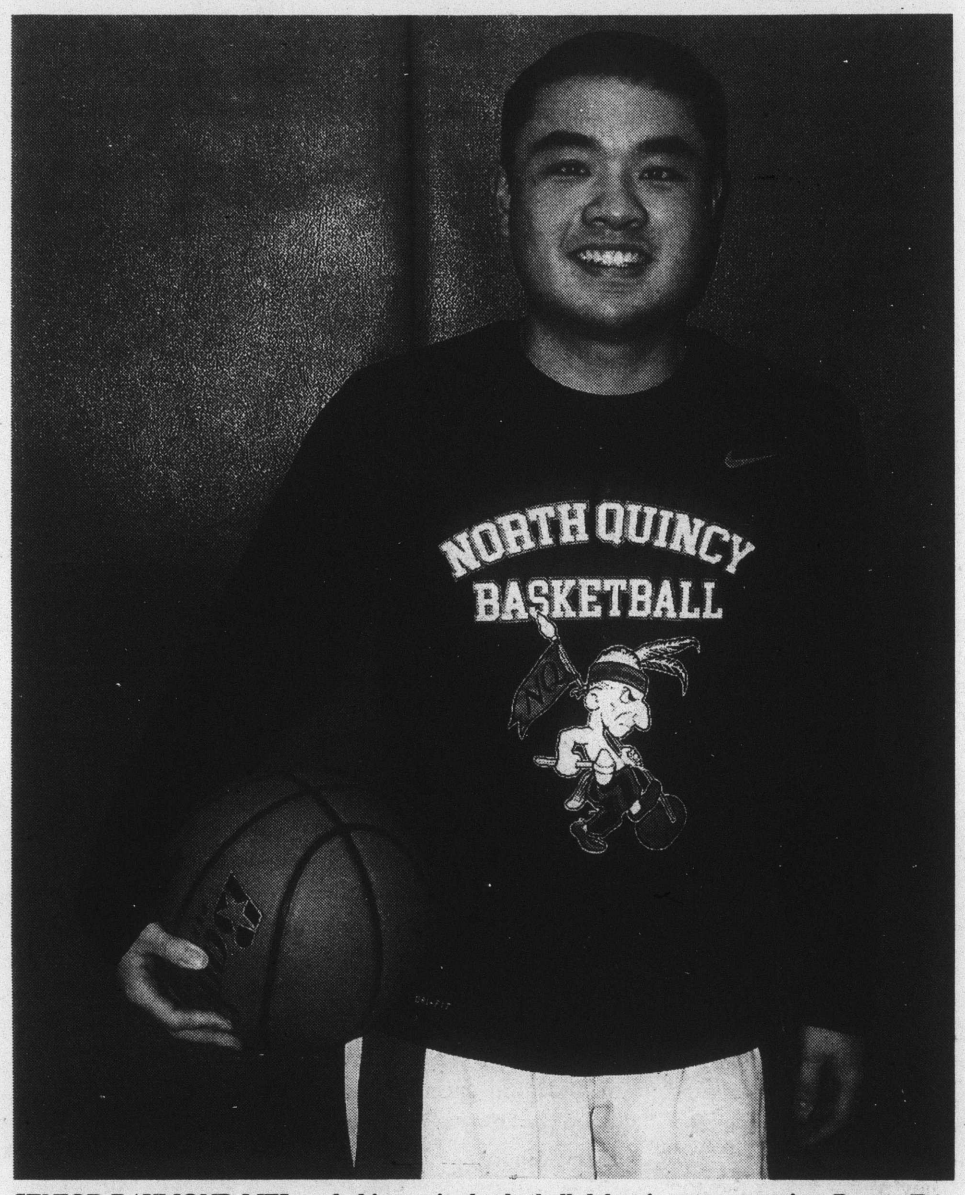
After rimming out his first couple shots, he hadn't had any warmups since halftime; Ray found his range and brought the house down with a deep three that touched nothing but net. With a stroke that would make Larry Bird smile he collected four more points, each one bringing the cheers to new levels of loud.

Captains Ryan Manning and Johnny He could barely stay off the court with their celebrations, star guard Jean Louis couldn't stop waving his towel above his head. When the buzzer finally went off Ray was stormed by his teammates and in an unbelievable display of sportsmanship by the visiting Boston Trinity Academy as well.

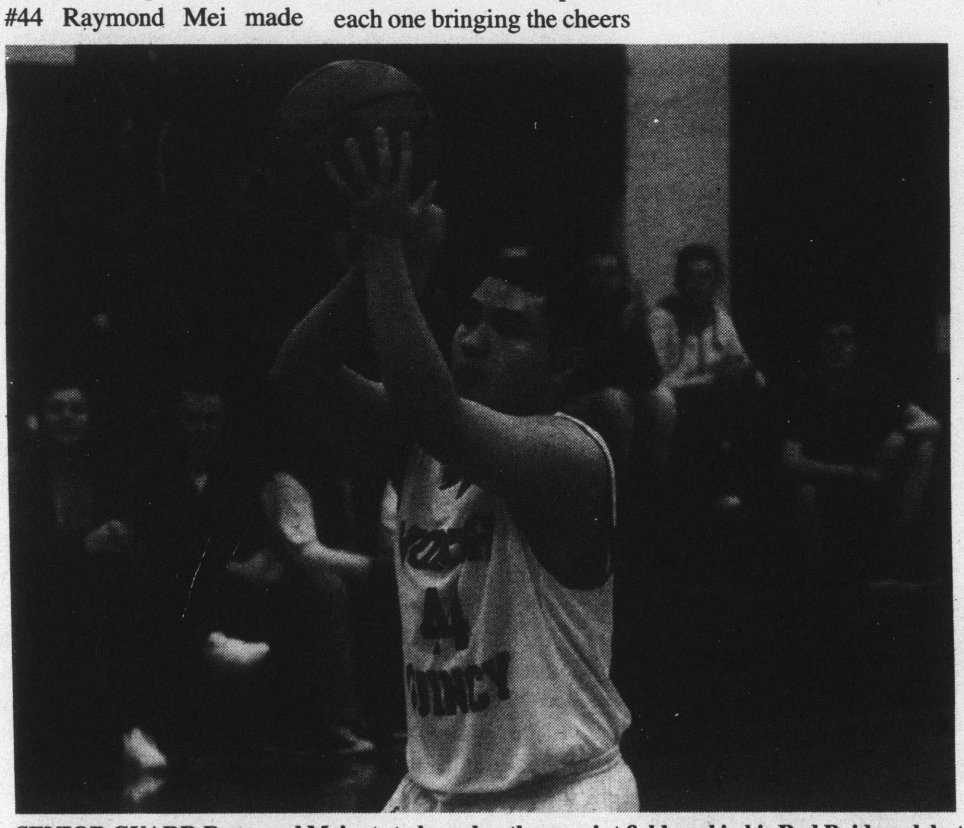
It was a perfect moment, and a perfect example of the family that is North Quincy High School. Just three months earlier during their Senior Night our football team celebrated one of Raymond's classmates from the Learning Center, Anthony Thornhill, a four-year member of our football program. When we won back our city's Thanksgiving Trophy one of the first players to lift it up was Anthony. Who wouldn't want that moment?

We're all different, we're all the same.

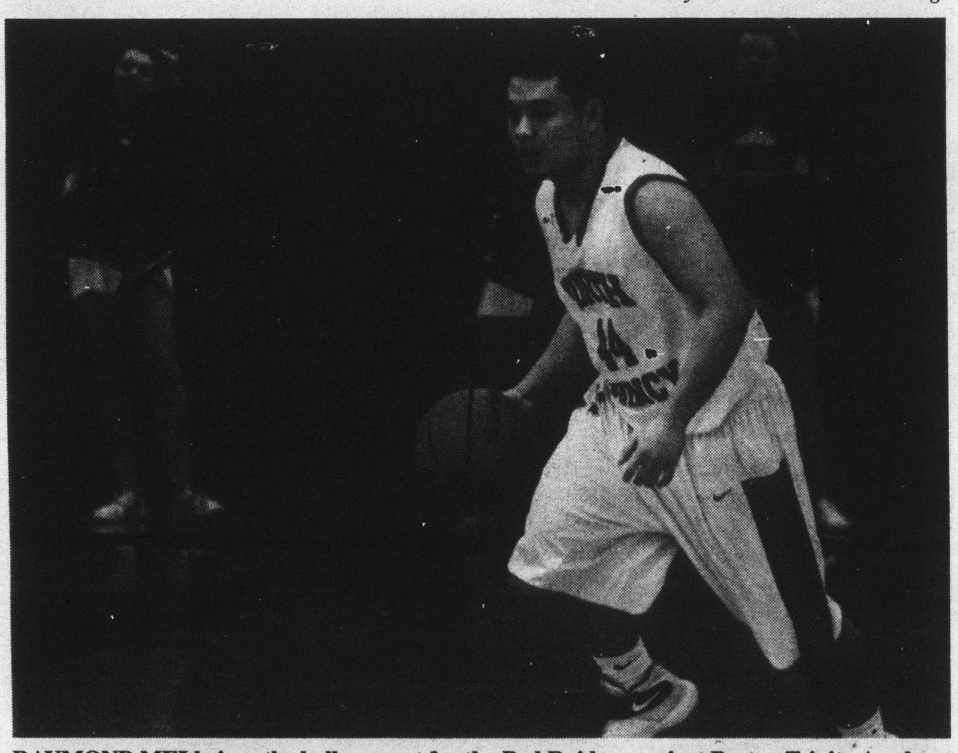
On Friday, Jan. 27, North Quincy boys' basketball earned a lot more than a win.



SENIOR RAYMOND MEI made his varsity basketball debut in a game against Boston Trinity Academy Jan. 27. Raymond, who is a hard-working special needs student-athlete at North, scored seven points in his first game including a three-pointer to thunderous applause from Red Raider fans. *Photos Courtesy Cherie Mathias-Manning*



SENIOR GUARD Raymond Mei sets to launch a three-point field goal in his Red Raiders debut against Boston Trinity Academy Jan. 27. Raymond's debut brought thunderous applause from his fans, his teammates, his teachers and his fellow students.



RAYMOND MEI brings the ball upcourt for the Red Raiders against Boston Trinity Academy.

BEFORE MAKING HIS debut for the Red Raiders, Raymond Mei confers with head coach Kevin Barrett on the sideline.

RAYMOND MEI (fourth from right) joins fellow teammates and NQ cheerleaders on the basketball court for the National Anthem.

NQ Girls Hoop Competing For Playoff Berth

By JOE REARDON

Paul Bregoli didn't pull any punches with his North Quincy girls' squad heading into Friday's Patriot League matchup with Hanover. He knew the Red Raiders would need a supreme effort against the 12-1 Indians, a team that was ranked in the state's top 10 and a team whose lone loss came in a tough nonleague battle with defending Div. 1 state champion Bishop Feehan.

The Red Raiders didn't help their own cause early and Hanover was able to take full advantage. The combination of some white hot shooting by the Indians in the first quarter and North Quincy struggling from the field gave Hanover a lead it wouldn't relinquish on the way to a 60-31 win over the Red Raiders.

North Quincy, though, didn't go down without a fight as the team came out aggressively at the start of the third quarter and cut the lead to 10, forcing a Hanover timeout to regroup. "They're ranked in the top 10 in the state and we cut the lead to 10," said Bregoli. "He (Hanover head coach Brian Fisher) had to call a timeout which tells you something."

The loss was North Quincy's third in a row, dropping the Red Raiders to 6-9 on the season. It's not a situation Bregoli wanted to be in, but with the effort North Quincy has been putting in night after night, he's confident the gritty squad can break out of its losing streak and string together some much-needed wins moving forward in a push for a tournament berth.

Led by the inside game of Meaghan Raab, who finished with 12 points, Hanover torched the Red Raiders with a 15-2 run to start the first quarter. Jenn Butka (seven points) hit a pair of free throws and Remy Aucoin (nine points) was fouled on a layup and finished with a free throw to account for North Quincy's lone points in an 18-5 first quarter.

"We talked about trying to limit Raab and (Megan) Dixon as much as we could," said Bregoli. "They're going to get their points. I thought we did that tonight. It's the other kids who killed us. Sometimes we didn't have what we were supposed to have on defense. But when you're playing a helter skelter game like that, and they're good, they're going to make you look that way too."

The Red Raiders began to get some shots to drop in the second quarter with Karyn McEvoy knocking down a three-pointer and hitting a jumper to lead Quincy with seven points in the quarter. Hanover, though, was able to match the Red Raiders' baskets and went into the half with a commanding 32-16 lead.

North Quincy came alive in the third quarter and had the Red Raiders on their heels as they chipped away at the lead. "We talked about playing harder and doing the things we're capable of doing, but you can't put yourself in that type of hole against a top team," said Bregoli. "We had some great looks in the first half. We just couldn't make the shots."

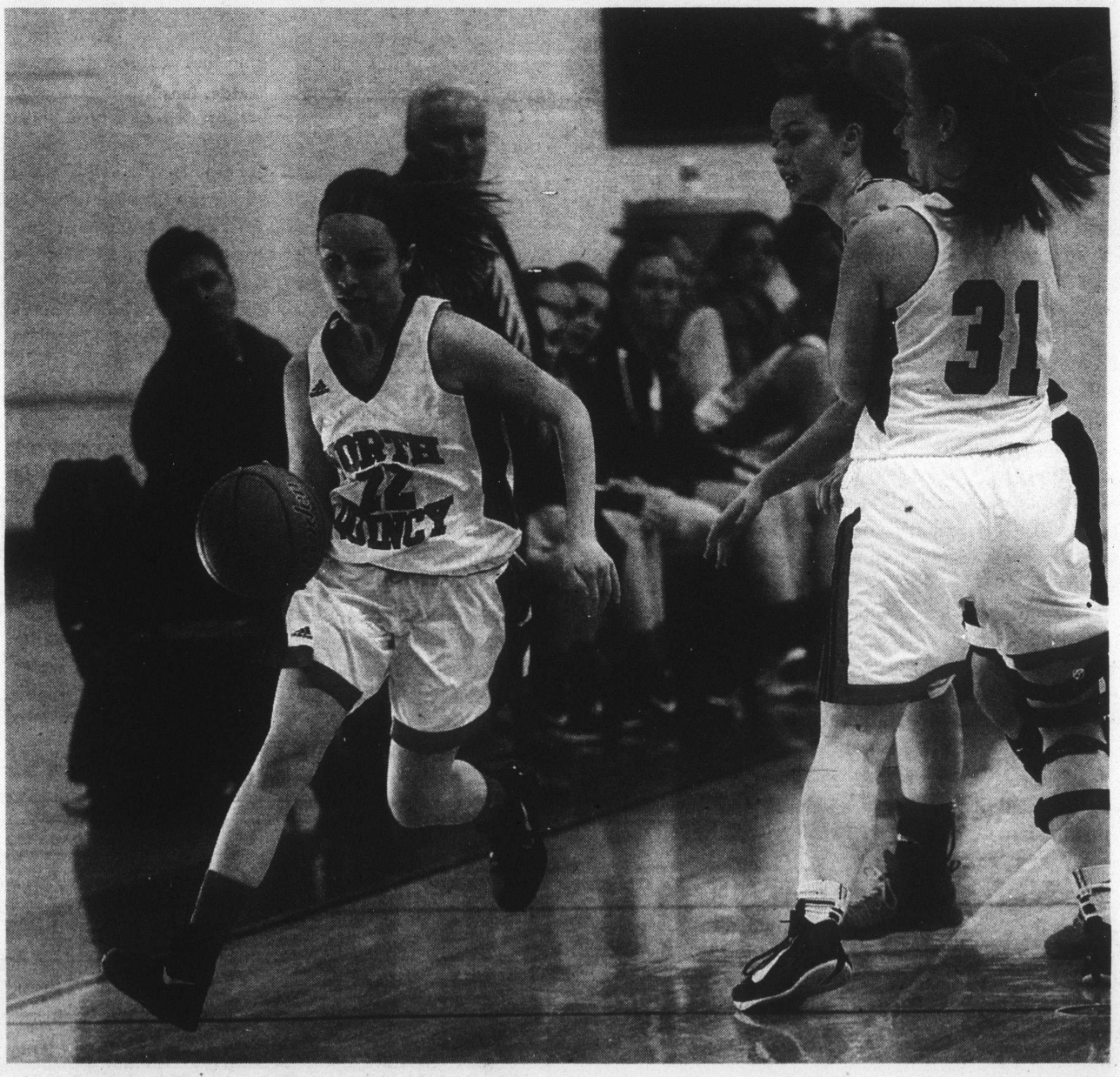
Butka hit consecutive inside baskets and Aucoin made good on a jump shot to cut the Indians' lead to 32-22 and forced Hanover head coach Brian Fisher to call a timeout with just over three minutes to play in the quarter. Hanover answered with five points from Taylor Scott, whose three-pointer with 3:33 remaining was Hanover's first basket of the quarter. She followed with a layup to stretch the Indians' lead to 37-22, but Butka answered with a three-pointer to cut it to 37-25 as the Red Raiders outscored Hanover 9-5.

Defensively, Jessie Caldwell was on her game as she held Dixon to seven points after torching the Red Raiders for 17 points in the teams' first meeting. "I thought we did a great job on Dixon," said Bregoli. "Jessie Caldwell did a phenomenal job on her."

That would be as close as the Red Raiders would get as Hanover dominated the final eight minutes to pad its lead. Raab hit a three-pointer and scored an inside basket to put the Indians up 46-25 with 4:29 left. Lauren Gelly added four points for Hanover during the run. Aucoin's jumper with 2:35 left accounted for the Indians' first points of the quarter and ended Hanover's suffocating 15-0 run, making it a 54-27 contest with 2:35 remaining.

"The effort's always there," said Bregoli. "They play their hearts out and they don't quit. We're still in it. We have some winnable games coming up. We've got to play as hard as we did tonight. If we play that hard we're going to be in all the rest of our games. We've lost three in a row, which is not the direction we want to go. But we played some tough teams too."

SENIOR CAPTAIN and center Remy Aucoin grabs an offensive rebound for the Red Raiders against Hanover last Friday night. North Quincy bowed to the 12-1 Indians, 60-31. North Quincy hosts Quincy in a basketball doubleheader Friday night. The girls tip off at 5:30 followed by the Quincy-North Quincy boys matchup at 7 p.m. *Quincy Sun Photos/Robert Bosworth*



ABBIE KOCH, a senior captain and guard, brings the ball upcourt as teammate Jenn Butka sets a pick on a Hanover player.

Earlier in the week, the Raiders dropped a 52-28 decision to Plymouth North on NQ's home court. NQ jumped out to an early lead thanks to 4 points apiece from juniors Jesse Caldwell and Jill Hallisey, taking an 8-4 lead. However , two late hoops by Abby Egan gave the visitors a 11-10 lead after the opening quarter. North then found their shooting touch disappear as the Eagles led at halftime, 28-17. The Raiders had trouble getting the ball inside against Plymouth North's three six -foot forwards. On the bright side, the home team held the league's leading scorer, Joie Grassi to 2 baskets and 7 first half points. North went ice cold in the third and Grassi heated up scoring 6 in the frame. The Raiders were again led by senior captain Remy Aucoin who had 11 points, one below her season's average.

Hallisey finished with 6.

Emily Bryson Sets New Mile Mark At Brandeis

Brandeis University student-athlete Emily Bryson of Quincy was recently honored as a Univesity Athletic Association Athlete of the Week.

Bryson, a sophomore, was selected for women's track and field. She was honored for the second time by the UAA this indoor track season.

Competing against Division I, II and III runners at the Boston University John Thomas Terrier Classic, Bryson established a new school record in the mile run with a time of 4:52.18. She bested the previous school record of 4:54.82 established by Grayce Selig '11 by more than a second and a half.

EMILY BRYSON, a 2015 graduate of North Quincy High School, recently set a new record in the mile at Brandeis University. *Photo Courtesy Sportspix*

After converting the time because of a banked track, Bryson's time is the top-ranked mark in Division III this season also by approximately 1.5 seconds and is the fastest in the UAA by five seconds. Bryson was 13th at the meet, behind a handful of independent and Division I runners.

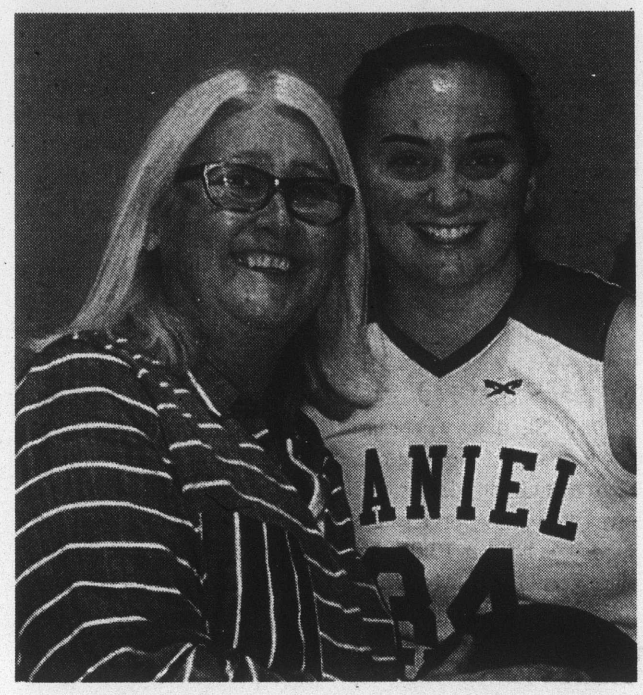
Kayla Free Scores 1,000th Career Point At Daniel Webster

Quincy's Kayla Free became the ninth player in school history to reach the 1000-point mark with a 19-point performance to lead Daniel Webster College to a 70-57 win over Lesley College Jan. 26.

Free, a senior forward, needed 18 points to reach 1,000. She exploded in the fourth period for 13 points, including a layup with 2:22 left for her 1000th career point. She also added seven rebounds and seven assists.

Free played for a state champion during a fine high-school career at Archbishop Williams.

She is the ninth basketball player at Daniel Webster to reach 1,000 career points.



KAYLA FREE of Quincy receives congratulations from coach Andrea Woodbury after scoring her 1,000th career point for the Daniel Webster College women's basketball team. *Photo Courtesy Daniel Webster College*

Red Raider Hockey Hoping For Late Playoff Push

By TOM JOYCE

The playoffs have not started yet, but the North Quincy boys' hockey team is already in playoff mode.

They have not clinched a playoff spot yet, but they are in the hunt for a spot, hence why they would already consider themselves in playoff mode. The Red Raiders started the week at 5-6-4 and with five games remaining in the regular season, they needed six points in the standings to clinch a playoff spot. Simply put, they need to win more games than they lose for the rest of the season.

Last Saturday, the Red Raiders played a tough Scituate opponent and took a 7-2 loss at home.

In the early going, the team struggled a bit, surrendering four goals in the first period. But the majority of the game was highly competitive.

"We talked a lot about our forecheck and what we needed to do with that," Red Raiders head coach Matt Gibbons said. "We couldn't really slow those guys down on offense. They're a really talented team. That's the best team we've seen all year. We knew if we could keep them in their zone for as long as possible, that they weren't getting down our way.

"That first period was terrible," he added. "Our gaps were awful. We were giving them speed through the neutral zone which is exactly what we didn't want to do and then we were down 4-0."

With 8:43 remaining in the second period, senior captain Austin Lett netted the Red Raiders' first goal of the game. A minute and a half later, sophomore forward/defenseman Kieran O'Driscoll scored his team's other goal.

Gibbons also noted his team played better defense, putting more pressure on Scituate in the second period.

"It was like night and day how we forechecked," he said. "They iced the puck three or four times. We knew we were getting to them. We got a couple goals, but they got a couple of goals too. We just couldn't make it over that hump."

With the loss, the Red Raiders now have to play their best hockey of the season in hopes of achieving their annual goal of making the playoffs.

"We know the situation we're in. It is what it is," Gibbons said. "We're putting ourselves in a real bind here with five games left. We've got to muscle some points out of this and try to get ourselves in this tournament."

On the attack, they will continue to look for big play from senior forwards and captains Austin Lee and Hunter Phillips. Each of them had 10 goals through 15 games. On defense, senior captain Kevin MacDonald, who leads the team with 15 assists, has been a solid fixture all year long.

In net, strong play from senior Derek Bille will also be a must, and Gibbons said he has been happy with the way his goaltender has stepped up in his first season as a varsity starter.

"He's been huge for us the past couple games," Gibbons said. "For us to win, we've got to keep the puck out the net. He's got to be our best player."

Lately, junior forward Connor Donaghey's role on the attack has been expanding, as has O'Driscoll's role on defense.

"We know he's more comfortable playing forward, but we know he's got that explosive speed where he can jump in and be part of the offense playing defense," Gibbons said of O'Driscoll. "He's done a nice job keeping the puck out of our zone. He's adjusted well back there so that's probably where we'll go from here, but it leaves us with options in need be situations."

For now, the Red Raiders will be focused on doing whatever they can to put themselves in position to achieve their goals. And it starts even before they take the ice on gameday.

"We're just trying to fine tune some stuff at practice,' Gibbons said. "We're going over our coverage, we're going over our forechecking and again, it's just repetition, repetition, repetition. We're not trying to burn these guys out though since we need them to be ready come gameday."

Gibbons is hoping his team can put together three periods of well-executed play every game from here on out because when his team can do that, they are hard to stop.

"We're not the most skilled team, but effort, energy, toughness and winning battles can aggravate teams and get them to get penalties we can take advantage of," he said. "We need to take care of the little things like that and take advantage of those opportunities. We want to go out and wear down teams. We can't win a 7-6 game. We've got to grind teams down."

Eric Moreschi Running Boston Marathon For Melanoma Foundation

Eric Moreschi, a Squantum native and 2007 graduate of North Quincy High School, is running the 2017 Boston Marathon in April for the Melanoma Foundation of New England.

He is running on behalf of family and friends that have been affected by melanoma.

To contribute to his fundraising effort, donations can be made through Eric's webpage: (https://www.crowdrise.com/mfneboston2017/fundraiser/ericmoreschi) or sent to 29 Standish Rd., Squantum, MA 02171.

Moreschi will also host a fundraiser at Robert I. Nickerson Post 382 in Squantum on Friday, March 10th at 7 p.m. There will be appetizers, beverages, raffles prizes, 50-50, and games.

Kenny Sorensen NECC Volleyball Player Of The Week

Junior Kenny Sorensen of Quincy and a member of the Eastern Nazarene College men's volleyball team, has been named the New England Collegiate Conference (NECC) Player of the Week and Rookie of the Week.

Sorensen racked up 25 kills, 17 digs, eight aces, and three assists to power the Lions to a pair of victories on the week.

He notched 13 kills, eight digs, and five aces as the Lions cruised to a 3-0 win over Lesley. Sorensen capped off the week with 12 kills, nine digs, three aces, and a pair of assists in Eastern Nazarene's 3-0 victory over Dean.

Eastern Nazarene returns to action Feb. 11 as it hosts four-time defending NECC champions Endicott.

Track Results Last Chance Invitational

Athlete First	Athlete last	Event	Seed place	Seed performance	Meet Place	Meet Performance	Total Competitors	Notes-1	Notes-2
Aidan	Ring	1000m	61	3:04.24	63	3:01.24	90	Personal Best	
Alexandra	Case	300m	19	44.09	12	44.08	102	Season Best	
Devin	Hiltunen	300m	16	43.94	5	43.7	102	Personal Best	
QNQ	Girls	4x200mRelay	10	1:51.90	7	1:51.47	54	Season Best	School Record
Kelsey	Coughlin	55m	132	8.08	59	8.07	133		
Nathan	Sleiman	55mHurdles	10	8.32	9	8.57	71		Top 8 to final
Abby	Murphy	600m	37	1:50.94	24	1:48.54	77	Seasonal Best	
Nathan	Sleiman	Long Jump	45	18'10.5"	36	18'00.5"	78		
Ava	Lapsley	Mile	89	6:15.34	75	6:13.56	95	Personal Best	
Rory	Mahoney	Mile	56	5:52.87	62	5:58.02	95		
Jimmy	Cannon	Two Miles	4	10:11.94	3	10:09.34	33	Personal Best	

RELIGION

Quincy Point Congregational

Come hear the sounds of the Point Hand Bell Ringers Sunday, Feb. 12th at 10 a.m. worship at Quincy Point Congregational Church, 444 Washington St. The church is handicap accessible via the Abbey Rd. side of the building.

Guest preacher this week is Rev. Ellen Tatreau. Rev. Tatreau recently became a member of Quincy Point Congregational Church after her retirement from pastoral work in Vineyard Haven.

After worship all are invited to fellowship hour in the downstairs social hall for light refreshments and coffee. While there sign the "thinking of you" and birthday cards.

Bethany Congregational

On Sunday, February 12, Bethany Congregational Church, Quincy Center, will have Worship Service and Sunday School at 10:00 a.m. The Rev. Peter M. Preble will conduct the service and preach the sermon entitled "From the Heart." Fellowship with light refreshments will follow service.

All are welcome to attend Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon, and 1 to 4 p.m. Please visit us at www.bethanycongchurch.org for updates. Sunday's worship service is broadcast on QATV at 6 p.m. on Thurs. and 10 a.m. on Sun. on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

Houghs Neck Congregational

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave., starts at 10 a.m.

Liturgist Sunday school student Rachael Pavidis will call to worship and read the scripture lesson. Pastor Felix Carrion will lead the service, give the children's message and preach a sermon entitled "Finding Neighbor Everywhere." Steve Reed, Minister of Music will direct the choir singing the anthem.

A fellowship coffee hour follows the service hosted by Nancy Jacobs. All are welcome.

A Valentine Princess Tea will be Sat. in Fellowship Hall for pre-k - gr. 5 princesses. Reservations are required.

OBITUARIES

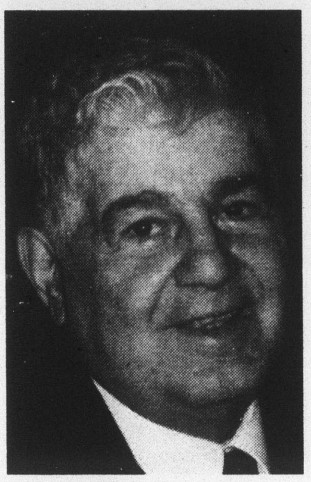
Anthony V. Digiacomo, 86

A funeral Mass for Anthony Vincent "Tony" Digiacomo, 86, a lifelong resident of Quincy and retired professional engineer, will be celebrated at 10:30 a.m. Friday in St. Joseph's Church, Quincy.

Mr. Digiacomo died Sunday.

He was the son of the late Vincenzo and Isabella (Spataro) Digiacomo of Aragona Sicily.

He is survived by his devoted wife Charlotte (Henderson) Digiacomo of 47 years, 3 sons (Vincent & his wife Yvonne of Holbrook, Christopher & wife Mirela of Holbrook, and John & wife Jennifer of Medway). He had 4 grandchildren (Brian, Kaitlyn, Anthony & Julianne). He is also survived by his sister Isabel "Izzy" Uzzo and her husband Peter of Bridgewater, and his brother Dominic Digiacomo of Florida. He was also



ANTHONY V. DIGIACOMO

the brother of the late Annie Rizzo and her husband Gerome of Townsend, and the late Peter Digiacomo. Additionally, he is survived by several beloved nieces, nephews and friends.

Mr. Digiacomo was a Marine veteran, enlisting before his 17th birthday, being promoted to sergeant at the age of 19. He worked in the mechanical trades before using the G.I. Bill to further his education, and became a registered professional engineer specializing in refrigeration, working for Bay State York, York Corporation, Bethlehem Steel Corporation, Frick Manufacturing, and Westinghouse Corporation. He attributed his professional success as an engineer to the discipline and confidence he developed during his time in the Marine Corps.

Mr. Digiacomo was a life member of the Marine Corps League, William R. Caddy Detachment in Quincy, serving twice as commandant. He was also a member of the 2nd Marine Division, American Legion, Knights of Columbus, and the Holy Name Society as a member of St. Joseph's Church in Quincy Point. Mr. Digiacomo was proud of his Sicilian heritage, but always said that he was blessed to be born in the greatest country in the world, the United States of America.

Mr. Digiacomo was very devoted to his family, and always put them ahead of himself. He lived by the motto that you can achieve anything in life if you have 4 ingredients: The time, the tools, the desire, and the common sense. He will be greatly missed by his family and friends!

Calling hours are 4 to 8 p.m. Thursday in Bolea-Buonfiglio Funeral Home, 116 Franklin St., Quincy. Funeral from the funeral home at 9:30 a.m. Friday, prior to the Mass.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to St. Jude Research Hospital, 501 St. Jude Place, Memphis, TN 38105-1905, stjude.org.

Helen N. Sherry

A funeral service for Helen N. (Riordan) Sherry of Dedham was held Monday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Sherry died Feb. 1.

She was born in Boston, grew up in Dorchester and later resided in Dedham where she raised her family. She was a devoted wife, mother and grandmother. Family was the cornerstone of her life.

Born to the late Michael and Teresa Riordan. Beloved wife to the late Paul F. Sherry. Cherished mother of Susan T. Sherry of Quincy, Diane F. Sherry of Quincy and Helen M. Sherry and her husband Leo Lamont of Portsmouth, RI. Caring grandmother of Lee Lamont. Dear sister of Theresa Wilson of Berkley, Brendan Riordan of Weymouth, Thomas Riordan of Quincy and the late John Riordan, Katherine Lannigan, Martin Riordan, and Eugene Riordan. Also survived by many nieces and nephews.

Interment at St. Joseph's Cemetery, West Roxbury.

Memorial donations may be made to American Cancer Society, 30 Speen St., Framingham, MA 01701.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM,
10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm
on Saturdays, other times
by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible &
Handicapped parking, side entrance
air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will preach the sermon "Finding Neighbor Everywhere"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service and Sunday School at 10AM
Rev. Peter M. Preble will conduct the service and preach the sermon "From the Heart"
Child Care Available
For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service
The church is wheelchair accessible

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

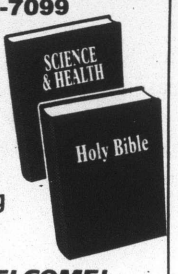
QUINCY POINT CONGREGATIONAL
444 Washington St . • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.



ALL ARE WELCOME!

Nazarene

Wollaston
Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service
(Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

THE SALVATION army
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

To Advertise in this Directory, Call 617-471-3100

PEACE HOPE

OBITUARIES

Joan C. White, 84

A memorial funeral Mass for Joan C. White, age 84, of Quincy, formerly of Tampa, Fla., and Hull, was celebrated Feb. 4 in St. John the Baptist Church, Quincy.

Ms. White died peacefully Jan. 29.

She was born, raised, and educated in Boston. Ms. White was a graduate of the former Dorchester High School for Girls and the former Boston Business School. She had lived in Quincy for five years, previously in Tampa, Fla., for over forty years. She was also a longtime summer resident of Hull.

Ms. White was employed as the executive secretary to the district attorney in Tampa for twenty years.

She was a devoted caretaker of her late sister, Patricia.

Beloved daughter of the late John J. and Mildred (Kelligrew) White. One of eight siblings, she is survived by Elizabeth White McGonagle of Wollaston, John J. White, Jr. of Minnesota, Ann W. "Nancy" Morgan of Quincy, James

JOAN C. WHITE

L.V. White of Maine, Paul F. White of Hull, and was predeceased by Patricia M. White and Thomas W. White. Also survived by many nieces and nephews.

Interment at Mount Benedict Cemetery, West Roxbury.

Memorial donations may be made to the Alzheimer's Association, 480 Pleasant St., Watertown, MA 02472.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Arthur B. Keefe

A funeral Mass for Arthur B. Keefe of Quincy, formerly of Watertown, was celebrated Monday in Sacred Heart Church, Quincy.

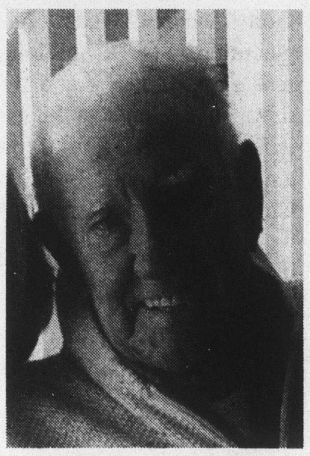
Mr. Keefe died Feb. 2.

Mr. Keefe's family and community gave him the greatest joys in life. He adored his wife, children and grandchildren. His other passion was the Knights of Columbus in N. Quincy, Council #2259. He was a past grand knight and an active member in all council activities for almost 60 years, where he developed numerous lifelong friendships. He was also a longtime parishioner of Sacred Heart Church in N. Quincy.

His family enjoyed many summers at their cottage on Island Pond in Plymouth. Mr. Keefe was a past president of the Holy Name Society, a board member of the Quincy Retirees Association, former Democratic committee delegate for Ward 6, and volunteer with Quincy Youth Hockey.

Mr. Keefe's family would like to thank the entire staff at Milton Hospital and Season's Hospice for their care and compassion.

Mr. Keefe was a rehabilitation specialist with the city of Quincy Planning Department for 27 years and a U.S. Army veteran of the Korean War.



ARTHUR B. KEEFE

Beloved husband of Marie L. (Duggan) Keefe of Quincy. Loving father of Annie M. Dutton and her husband Scott of Milton and Kathleen M. Sullivan and her husband David of S. Boston. Loving son of the late John A. Keefe and Bertha M. (White) Keefe. Devoted brother of Jane F. Rinck and her husband Philip of Waltham. Cherished grandfather to Haley M. Dutton, Patrick A. Sullivan and Christopher T. Sullivan. Also survived by many nieces and nephews.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Sacred Heart Church, 386 Hancock St., Quincy, MA 02171.

William S. McCarthy

A funeral Mass for William S. McCarthy of Chatham was celebrated Wednesday in St. Paul's Church, Hingham.

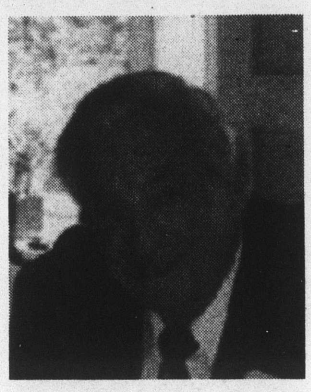
Mr. McCarthy died Feb. 1.

He was a family man who was extremely proud of his grandchildren and great-grandchildren. He was a U.S. Army veteran who served in Korea and received a Purple Heart. He later worked in the shipping department for Proctor & Gamble in Quincy.

Mr. McCarthy became the 1950 MA Junior Golf Champion while a caddy at the old Wollaston Golf Course and his North Quincy High School golf team went undefeated. Another highlight from his earlier years was playing in the high school baseball all-star game at Fenway Park. He spent winters in Port Charlotte, FL and summers on Cape Cod.

Mr. McCarthy was an avid Boston sports enthusiast and hobbyist gardener. He will be remembered for his Irish charm, twinkle in his eye, and quiet nature.

Beloved husband of Joan L. McCarthy of Hopkinton. Husband of the late Joan McCarthy and Dorothy (Gray) McCarthy. Loving father of Patricia Picco and her husband Tim of Marsh-



WILLIAM S. McCARTHY

field, Maureen Joyce and her husband Dan of Boston, Duncan McKinnon and his wife Robin of CT, Michael McCarthy and his wife Ellen of Hanover, Douglas McKinnon and his wife Phiroza of CT, Daniel McKinnon and his wife Julie of CA, and the late Carol McCarthy. Brother of Harold McCarthy of FL and Clare Schrader of Sandwich. Also survived by 18 grandchildren, 4 great-grandchildren, several nieces and nephews, and his devoted feline companion Stella.

Interment at Massachusetts National Cemetery, Bourne.

Funeral arrangements were made by Pyne Keohane Funeral Home, Hingham.

Memorial donations may be made to Boston Children's Hospital Trust, 401 Park Drive, Suite 602, Boston, MA 02215.

In Loving Memory
On Your 8th Anniversary
February 10, 2009

Peggy Leary

Missed and loved so much by
Jack, Jack & Pattie, Ed & Simone,
Meg & Chris, Tricia & Brian
& grandchildren

JOSEPH MOYA
Certified Funeral Celebrant

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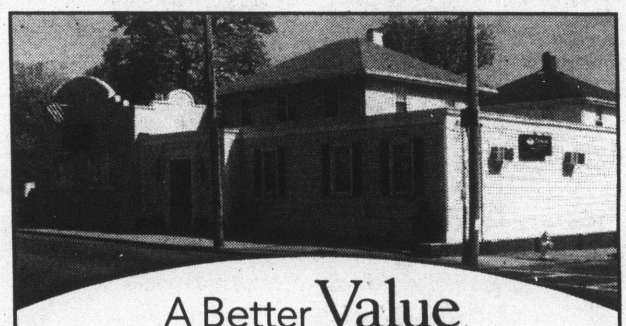

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Dignity Memorial

For more information visit
www.dewarefuneralhome.com

*$5,995 plan includes basic services of funeral director and staff, embalming and preparation, visitation, funeral ceremony, transportation to place of disposition, 20-gauge metal casket, website announcement, and memorial stationary package (a register book, 100 thank you cards, 100 prayer cards).

A Service Family Affiliate of AFFS and Service Corporation International, 206 Winter Street, Fall River, MA 02720. (508) 676-2454.

Howard C. Furtado, 82

A prayer service for Howard C. "Charlie" Furtado, age 82, of Weymouth, formerly of Brockton and Quincy, was held Monday in Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mr. Furtado died peacefully Feb. 1 at the Edith Nourse Rogers Memorial Veterans Hospital in Bedford.

He was born in Boston, raised and educated in Quincy. Mr. Furtado was a graduate of Quincy High School, where he played on the football team. He had lived in Weymouth for five years, previously in Brockton. He was a retired salesman in the automobile industry for many years and had also worked as a real estate broker.

Mr. Furtado served in the U.S Army and the U.S. Marine Corps Reserve during the mid 195os and was a proud member of Company A, 3D Infantry Regiment, "The Old Guard", participating in funerals at Arlington National Cemetery, wreath-laying ceremonies at the Tomb of the Unknown Soldier and many other ceremonial duties.

Former husband Carol A. (Mallett) Furtado of Free-

HOWARD C. FURTADO

dom, NH and Linda Pierce of Brockton. Devoted father of Mark Furtado of Weymouth, Leslie A. Furtado of Freedom, NH, Lynne Furtado of Hendersonville, TN, Robin Kaine of Hull, and Charles Furtado of Hingham. Loving grandfather of nine grandchildren. Brother of Sally Furtado of Derry, NH, Barbara Gardner of Missouri and June Skalla of NH. Also survived by several nieces, nephews and cousins.

Interment with military honors at Massachusetts National Cemetery in Bourne.

Memorial donations may be made to the American Cancer Society, 30 Speen St., Framingham, MA 01701-1803.

Gerald R. Faunce, Jr., 49

A funeral Mass for Gerald Robert Faunce Jr., 49, of Quincy was celebrated Tuesday in Immaculate Conception Church, Weymouth.

Mr. Faunce died in his home on Jan. 31.

He was a 1985 graduate of Xaverian Brothers High School in Westwood, and a 1989 graduate of Suffolk University, Boston. Mr. Faunce was an Eagle Scout with Troop 2 in Weymouth. Mr. Faunce was most proud serving his country with the United States Army, serving in Korea, Berlin for 13 years and the Pentagon for 5 years. He also had tours of duty in Kosovo, Iraq, and Afghanistan (Bronze Star). He was an Army Airborne Ranger with the 1st Infantry Division.

GERALD R. FAUNCE, JR.

Beloved son of Mary A. (Condon) Faunce of Weymouth and the late Gerald R. Faunce. Brother of Michael E. Faunce of Plymouth, Christina M. Deignan and her husband, Robert, of Sudbury, and Matthew J. Faunce and his wife, Jennifer, of Neenah, Wisconsin. Uncle of Caroline, Michaela, and Alexa Deignan, and Aidan and Evan Faunce. Former husband of Tanja Medczinski-Faunce, of Berlin.

Interment at St. Patrick's Cemetery, Rockland.

Funeral arrangements were made by McDonald-Keohane Funeral Home, North Weymouth.

Memorial donations may be made to a veterans organization of your choice.

Nunzio L. Cirillo, 91

A funeral Mass for Nunzio L. "Ned" Cirillo, Lieutenant, Quincy Fire Department, Retired, 91, a lifelong Quincy resident, will be celebrated at 10 a.m. Thursday in St. Mary's Church, Quincy.

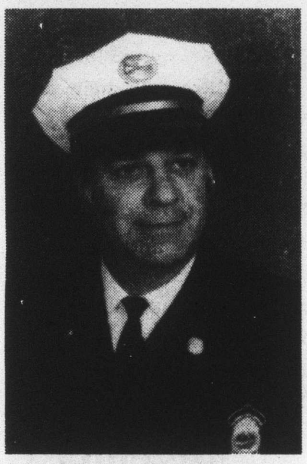
Mr. Cirillo died peacefully Feb. 4 at home, surrounded by his loving family.

He was born and raised in Quincy and was a graduate of Quincy High School, Class of 1944. He was a retired lieutenant with the Quincy Fire Department. Mr. Cirillo was appointed to the department on Feb. 14, 1948, promoted to the rank of lieutenant on Aug. 25, 1961, and retired on April 1, 1981, after thirty-three years of service. During his career, he served on various apparatus throughout the city but spent most of his career with Ladder 3 in West Quincy.

Mr. Cirillo was a proud U.S. Army veteran of World War II. He was a sergeant with the 1261st Engineer Combat Battalion and participated in the Central Europe Campaign. He received the Good Conduct Medal and the European African Middle Eastern Campaign Medal.

He was a member of the Cyril P. Morrisette American Legion Post #294 in Quincy and the Firefighters Union Local 792. Mr. Cirillo enjoyed golfing and was dedicated to his family.

Beloved husband for fifty-four years of the late Elinor M. (Therrien) Cirillo.



NUNZIO L. CIRILLO

Devoted father of Stephen P. Coletti, Sr. and his wife Diane of Quincy. Loving grandfather of Stephen P. Coletti, Jr. of Boston. Dear brother of Alton W. Cirillo of Quincy, the late Betty Coletti and the late Julio Cirillo. Cherished uncle of Mark D. Coletti of Marshfield and Lauren M. Coletti of Quincy, Great uncle of Mark J. Coletti, Andrew C. Coletti, Peter D. Moore and the late Ryan M. Moore. Also survived by many other nieces and nephews.

Visiting hours were 4 to 7 p.m. Wednesday in Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. Funeral from the funeral home at 9 a.m. Thursday, prior to the Mass.

Interment with Military Honors at Blue Hill Cemetery in Braintree.

Memorial donations may be made to the Mesothelioma Applied Research Foundation, 1317 King St., Alexandria, VA 22314.

More Obituaries Online at www.thequincysun.com

John R. Hatfield, Sr., 87

A celebration of life service for John R. "Jack" Hatfield, Sr., 87, a lifelong Quincy resident, was held Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Hatfield died Feb. 3.

The beloved husband of the late Joan L. (Kerrigan) Hatfield. Devoted father of Carol Hatfield of Quincy, John R. Hatfield, Jr. and his wife Tracy of Whitman, Maureen Aronson and her husband Jeffrey of Weymouth, Michael Hatfield and his fiancée Marie Daniel of Quincy, Sandra Dickey and her husband Paul of Wakefield, Neil Hatfield and his wife Kelly of Quincy, and Kerri Benson and her husband David of Belmont. Predeceased by his siblings, Anna C. David, Ruth Shea, James Hatfield, George Hatfield, Frank Hatfield, Madeline Vautrinot, Mabel Hatfield and Junior Hatfield.

Cherished grandfather of his 17 grandchildren, Ashley Sweeney and her husband Daniel, Jonathan & Mackenzie Hatfield, Krista Joseph and her husband Andrew, Matthew and Eric Aronson, Rachel & Valerie Hatfield, Sarah & Brian Dickey, Ryan, Emily, Zachary, Lindsey and Allyson Hatfield, Billy and Sean Benson and 4 great-grandchildren, Ryder Matchem, Riley and Jackson Sweeney and Carson Hatfield. He is also survived by many nieces and nephews.

JOHN R. HATFIELD, SR.

Mr. Hatfield worked as a supervisor for Boston Gear works in Quincy for more than 45 years and was a proud US Army veteran serving during the Korean War era. He enjoyed bowling, golfing and bingo. Mr. Hatfield, along with his beloved late wife Joan, enjoyed many social events at the Montclair Men's Club for many years.

Nothing gave him as much pleasure as playing board games and cards with his cherished family. He was so devoted to them and although heart broken at his loss, they are all richer for having had such a wonderful man as their Dad. He will continue to live on in all their hearts and minds.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to New England Center for Homeless Veterans, 17 Court St., Boston, MA 02108.

Helen N. Sherry

A funeral service for Helen N. (Riordan) Sherry of Dedham was held Monday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Sherry died Feb. 1.

She was born in Boston, grew up in Dorchester and later resided in Dedham where she raised her family. She was a devoted wife, mother and grandmother. Family was the cornerstone of her life.

Born to the late Michael and Teresa Riordan. Beloved wife to the late Paul F. Sherry. Cherished mother of Susan T. Sherry of Quincy, Diane F. Sherry of Quincy and Helen M. Sherry and her husband Leo Lamont of Portsmouth, RI. Caring grandmother of Lee Lamont. Dear sister of Theresa Wilson of Berkley, Brendan Riordan of Weymouth, Thomas Riordan of Quincy and the late John Riordan, Katherine Lannigan, Martin Riordan, and Eugene Riordan. Also survived by many nieces and nephews.

Interment at St. Joseph's Cemetery, West Roxbury.

Memorial donations may be made to American Cancer Society, 30 Speen St., Framingham, MA 01701.

Catherine A. Mullin, 83

A funeral Mass for Catherine A. Mullin, 83, of Quincy was celebrated Wednesday in Holy Trinity Parish, Most Blessed Sacrament Church, Quincy.

Ms. Mullin died Feb. 3.

Born in Charlestown where she was raised and educated, she lived in Quincy since 1977 and worked for Middlesex Bank, State Street Bank and before retiring, as a secretary for Lexington Insurance Company. Ms. Mullin was a lay apostolate of the aging, treasurer of the Connected Catholics of the So. Shore and a devout congregant of Holy Trinity Parish, Blessed Sacrament Church, where she was member of the Ladies Sodality.

Daughter of the late Gregory and Mary Mullin, she was the beloved sister of the late Thomas J. Kane, Mary Lyons, Martin Kane and John Kane and is survived by many nieces and nephews.

Interment at New Calvary Cemetery, Boston.

Funeral arrangements were made by Dennis Sweeney Funeral Home, 74 Elm St., Quincy

Memorial donations may be made to Most Blessed Sacrament Church.

Robert L. McGillicuddy

A funeral Mass for Robert L. McGillicuddy of Hanover, formerly of Scituate and Winchester, will be celebrated at 10 a.m. Saturday in Sacred Heart Church, Quincy.

Mr. McGillicuddy died peacefully on Jan. 31, surrounded by family from complications with the rare disease amyloidosis.

He is the beloved husband of Dr. Carla Angevine of Hanover, and the amazing and proud father of Christopher, Caitlin, and Matthew McGillicuddy of Hanover. The second of five children, he is the adored son of Robert and Mary McGillicuddy of Winchester. His heartbroken siblings include the deceased Mary McGillicuddy of San Francisco, John McGillicuddy of Revere, Kathy Bell and her husband Chris of Quincy, and Kara McGillicuddy of Winchester. He is the incredibly generous and thoughtful Uncle of Kailin and Hannah Bell of Quincy and dear son-in-law to Donna Marshall of Hingham. Also survived by hundreds of beloved McGillicuddy and McGrath family members whom he cherished and appreciated each and every day.

Mr. McGillicuddy's passions in life were that of husband, father, son, teacher, coach and mentor. He was a loving husband, that never missed Carla and his special anniversaries, and was an extremely loving father to his three children. As a family, they enjoyed traveling to Disney World, especially Germany at Epcot and hosting special family get-togethers, especially Christmas and Easter brunches. Mr. McGillicuddy was a huge sports fan, especially a New England Patriots fan before it was popular to do so. He loved those 1-15 Patriots' seasons where seats at Foxboro were plenty. He loved the games and spirited times with his friends.

Mr. McGillicuddy graduated from Lesley College with a Bachelor's Degree in education in 1994 and went on to earn a Master's Degree in education in 2002 from Framingham State College. He taught at Sterling Middle School in Quincy as a science teacher since 1994. He earned four citations from the state of Massachusetts for his excellence in teaching middle school science. Mr. McGillicuddy was also recognized with numerous awards from both the Massachusetts Association of Science Teachers and Quincy Public Schools. The Patriot Ledger bestowed him with the "Golden Apple Award" in 1995 and "Thanks to a Teacher Award" in 2007.

Besides his family, Mr. McGillicuddy's students and swimmers were his life and he most enjoyed seeing them learn, live and thrive during his time with them. Many have kept in touch throughout the years and hundreds have defined Mr. McGillicuddy as 'their All-time Favorite and Most Influential Teacher/Coach.' He had a unique ability to connect with his students and swimmers through structure, motivation and love.

ROBERT L. McGILLICUDDY

As swim coach, he reinvigorated the Quincy/North Quincy high school swimming and diving program amassing 61 victories in eight years. Mr. McGillicuddy was an accomplished swimmer and water polo player at the University of Massachusetts Amherst and he carried on his love for the sport to all he knew. Mr. McGillicuddy directed the Quincy Middle School Swimming and Diving Championships since 2010 and the championship meet annually featured over 800 students and enthusiastic participants. He instituted a Learn to Swim program in the city of Quincy and brought Olympians to Quincy for stroke and technique clinics through the Fitter and Faster Swim Tour.

Mr. McGillicuddy will also be remembered for his sense of humor, generosity, helpful nature, loving attitude, painting expertise and his natural ability to be humble and kind. You called him, he was there! Mr. McGillicuddy was the first to hand out compliments, yet terrible at receiving them. He enjoyed life and especially his weekends and time at home with his family and neighbors on Donna Drive.

A celebration of life reception in the Tirrell Room, 254 Quarry Street, Quincy at 11:30 a.m. will follow the Mass on Saturday.

Memorial donations may be made to Sterling Middle School, Community Garden Project, C/O Quincy Public Schools, 34 Coddington St., Quincy, MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

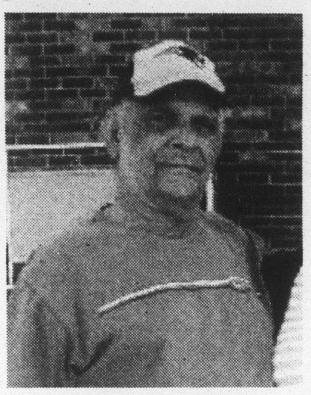
OBITUARIES

John Wigent, 75

John Wigent, 75, of Quincy, died on Friday, Feb. 3 in at Royal Braintree Nursing and Rehabilitation Center in Braintree, after a long period of declining health issues. He was only there for 2 months.

Mr. Wigent was born in Springville, New York and has been a part of the Quincy community since 1970. He was the son of the late Mr. Wigent and Dorothy King Wigent. He is survived by his long time girlfriend, Nancy and family, William, Patrick, Richard and Krystle of Quincy and his best friend, Rick.

Mr. Wigent was a loving family guy who looked out for all of us. He was very kind and caring. Mr. Wigent worked in Quincy for many years as a Steel worker at Masterson Steel company. He also worked well with his hands with fixing and repairing things. Mr. Wigent was a very hard worker.



JOHN WIGENT

Nancy was his caretaker as well as his girlfriend. She worked so much with all of his needs. It wasn't an easy road for her. A lot of weight has been lifted off her shoulders. She loved him dearly. Mr. Wigent's family and friends would like to thank hospice for all the care and the support that they gave them. No more suffering for John, he might be gone but not forgotten. He fought to the very end but now he is at rest.

Services will be private.

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-18

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Michael & Maureen Gallagher for a Special Permit/Flood Plain/Variance to raze the existing structure and rebuild a new 3.5 story structure on the existing foundation in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 8.1.6 (coastal hazard area) on the premises numbered 734 SEA STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-17

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Lenny Chen for a Finding to change the use from office to retail in violation of Title 17 as amended Chapter 3.4.2 (nonconforming use) on the premises numbered 657 ADAMS STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-19

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of William Wiggin for a Variance/ Finding to construct a second story addition over the attached garage for a master bedroom in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 82 MYOPIA ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

Francis H. 'Fran' Pecoraro, 93

A funeral Mass for Francis H. "Fran" Pecoraro, a longtime Quincy resident, will be celebrated at 10 a.m. Friday in Saint Mary's Church, 95 Crescent Street, West Quincy.

Mr. Pecoraro, 93, died peacefully at home, on Feb 5, surrounded by his loving family.

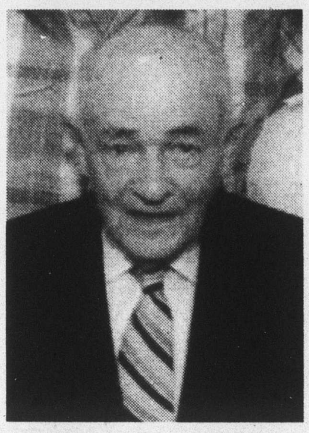
He was born and raised in Weymouth and was a graduate of Weymouth High School. He had lived in Quincy for seventy-five years.

Mr. Pecoraro was employed his entire career as a typographer in the printing industry.

He was a proud veteran of World War II having served in the U.S. Navy. Mr. Pecoraro was a Seaman 1/c aboard the U.S.S. Capella AK-13 and received the European African Middle-Eastern Campaign Ribbon. He was a member of the Cyril P. Morrisette American Legion Post #294 in Quincy.

Mr. Pecoraro was an avid golfer and former member of the South Shore Country Club in Hingham and Presidents Golf Club in Quincy.

He was dedicated to his family and especially enjoyed spending time with them and supporting all the activities and accomplishments of his grandchildren and great-grandchildren.



FRANCIS H. PECORARO

Beloved husband of the late Mary W. "Dolly" (Cavicchi) Pecoraro. Devoted father of Marilyn G. Tausevich and her husband Ronald of Quincy, Marcia A. Schlager and her husband James of Quincy and Thomas F. Pecoraro of Quincy.

Loving grandfather of James F. Schlager and his wife Deborah, Thomas J. Schlager and his wife Domenica, Thomas F. Pecoraro, Jr and Taylor M. Pecoraro all of Quincy. Cherished great-grandfather of Brielle Mary, Nevaeh Lee and Dean Thomas.

Mr. Pecoraro was the last of six siblings and was pre-deceased by Gaeton, Joseph, Camillo Thomas, Marie Pecoraro and Eleanor Daley.

Visiting hours are 4-8 p.m. today (Thursday) in Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. Funeral from the funeral home at 9 a.m. Friday, prior to the Mass. Relatives and friends are invited to attend.

Interment with Military Honors at Saint Mary's Cemetery, West Quincy.

The Pecoraro family would like to thank and acknowledge the excellent staff of the Hospice of the South Shore for their care and support during this trying time.

For those who wish, donations in Fran's memory may be made to Saint Mary's Church Building Fund, c/o Saint Mary's Rectory at 757 Hancock Street, Quincy, MA 02170 or to the Hospice of the South Shore, 30 Reservoir Park Drive, Rockland, MA 02370.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

LEGAL NOTICE

CITATION
Docket No. NO94645
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
WILLIAM M. CURRIER TRUST U/WILL

To all interested persons:

A petition has been filed by: **BNY MELLON N.A.** requesting **ALLOWANCE OF THE SIXTY-FIRST THROUGH THE SIXTY-NINTH ACCOUNTS.**

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on MARCH 8, 2017.** This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, John Casey, First Justice of this Court.

Date: January 30, 2017
PATRICK W. McDERMOTT
Register of Probate

2/9/17

More Obituaries on Pages 25-27 and Online at www.thequincysun.com

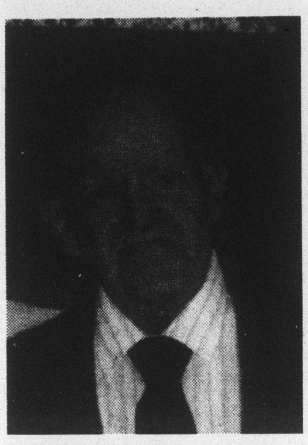
Teeli Emil Virta

Teeli Emil Virta, a lifelong Quincy resident, returned to the side of his late and loving wife of 65 years, Antonette (Artese) Virta, when he took an afternoon nap Feb. 3, while basking in the warm glow of sunshine streaming through his window, and slipped peacefully away. He was 94.

Born and raised in Quincy, he was one of five children born to the late Emil & Tekla (Pietala) Virta. Mr. Virta graduated from the Quincy Trade School and worked for a short time at the Fore River Shipyard before enlisting in the US Army the day before his 20th birthday. He served his country with honor during WWII as a member of the Army Air Corp's 387th Bomb Squadron Depot, seeing action in the South Pacific, and was discharged with the rank of Staff Sgt.

Following his military service, Mr. Virta worked for many years with Local #17 Sheetmetal Workers Union, and was also a member of its retirees association.

A skilled craftsman and woodworker, he enjoyed making many pieces of high quality furniture over the years, and enjoyed being outdoors. Mr. Virta especially relished the time spent cultivating his vegetable garden, and would share his harvest with family and friends.



TEELI EMIL VIRTA

He was the loving father of Michael R. Virta and wife Edith (Warren) of Pembroke and Richard J. Virta of Hanson. Cherished grandfather to: Amy McNamara, Kevin Virta, Kaitlyn Leonard, Stephen Virta and Michelle Virta. Great-grandfather to: Samantha, Dominick, Kendyl, Alicia and Harrison. He was the dear brother of the late Toivo Virta, Taimi Korpela, Tyyne Fish and Taino Ash. Also survived by nieces, nephews, extended family and friends.

His funeral, to which relatives and friends are cordially invited, will be held at the Hamel, Wickens & Troupe Funeral Home, 26 Adams St, Quincy Center, on Friday at 10 a.m. Interment with military honors to follow at Blue Hill Cemetery, Braintree. Visiting Hours today (Thursday) from 4-7 p.m. at the funeral home.

Angelina J. Tantillo, 92

A funeral service for Angelina J. "Tootsie" Tantillo, 92, of Quincy, will be held at 10 a.m. Thursday in Bolea-Buonfiglio Funeral Home, 116 Franklin St., Quincy.

Ms. Tantillo died Feb. 3 after a brief illness.

Born in Quincy, she was the loving daughter of the late Anthony and Delia Tantillo. She was a lifelong resident of Quincy. As a homemaker, she loved to cook, feed her birds and garden. Most of all, she loved her family unconditionally. She was the one person you could count on to be home for a visit and answer the phone when you called. She was loyal, strong, a true Italian to the core.

Ms. Tantillo is survived by her nephew Richard Tantillo and his wife Wanda of Quincy, niece Donna Gulizia and fiancé Stephen McCord of Lowell, grandnephew Derek Gulizia and wife Marie, and great grandnieces Alita and Olive Gulizia. Sister of the late Anthony "Jimmy" Tantillo, Mary "Lindy" Maloney, Joseph "Joe T." Tantillo and Dominic Tantillo. She is also survived by

ANGELINA J. TANTILLO

Marion Tantillo and many nieces and nephews.

She will be greatly missed by her longtime friends Frances Consalvi and Filomina Christina.

Her family would like to express a warm thank you to the compassionate staff of John Adams Healthcare in Quincy and the medical staff at South Shore Hospital ED and Pratt 3 for their dedication to their beloved Aunt Tootsie.

Graveside service to follow at Mount Wollaston Cemetery, Quincy, at 11 a.m.

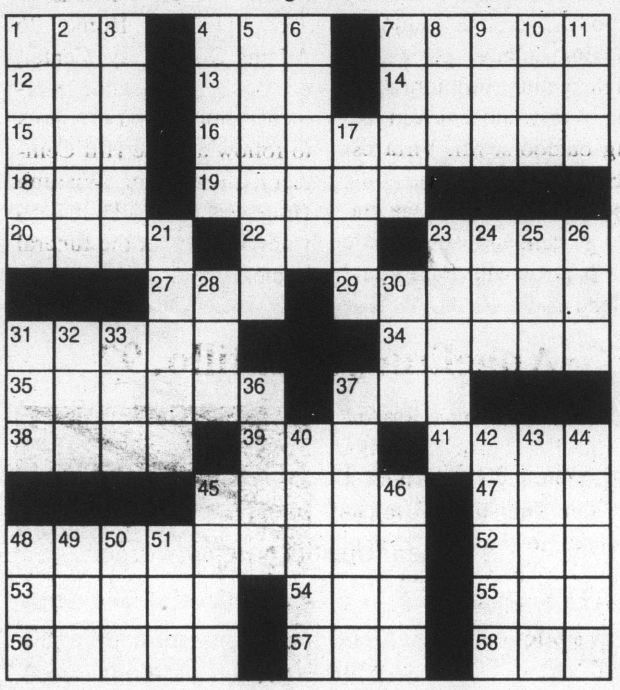
Calling hours were 5 to 8 p.m. Wednesday in the funeral home.

SUN FUN PAGE

King Crossword

ACROSS
1 Paid player
4 Taxi
7 Expert
12 Potential syrup
13 Lennon's lady
14 Similar
15 Citric beverage
16 Underwent reduction
18 Jeremy of basketball
19 Tijuana toodle-oo
20 Rolling stone's lack
22 Poetic nightfall
23 Antitoxins
27 -- de deux
29 Maintenance
31 Quibblers split these
34 Senorita's wiggle?
35 "Rabbit, Run" author
37 Feedbag morsel
38 Piratic quaff
39 Paving goop
41 "-- is life!"
45 Con game
47 Pair
48 Absolutely
52 Use a towel
53 Photoshop company
54 Reading matter, for short
55 90-degree shape
56 Therefore
57 Tokyo's old name
58 Deli loaf

DOWN
1 Any of 150 in the Bible
2 Deejay's domain
3 Starts
4 Last few notes
5 Battery terminals
6 Jim at the Alamo
7 Church service
8 "The Greatest"
9 Kin of "i.e."
10 -- out a living
11 Homer's neighbor
17 Bourgeois, to Brits
21 Parsley serving
23 Revue segments
24 Conger or moray
25 Roulette bet
26 Mimic
28 Request
30 Sch. org.
31 Embrace
32 Spring mo.
33 Bachelor's last words
36 Needle case
37 Corsage bloom
40 Point of view
42 Milk dispenser
43 Moe's brother
44 Rulebook compiler
45 A "Desperate Housewife"
46 Director Preminger
48 Doo follower
49 Praise in verse
50 Took the prize
51 Peacock network



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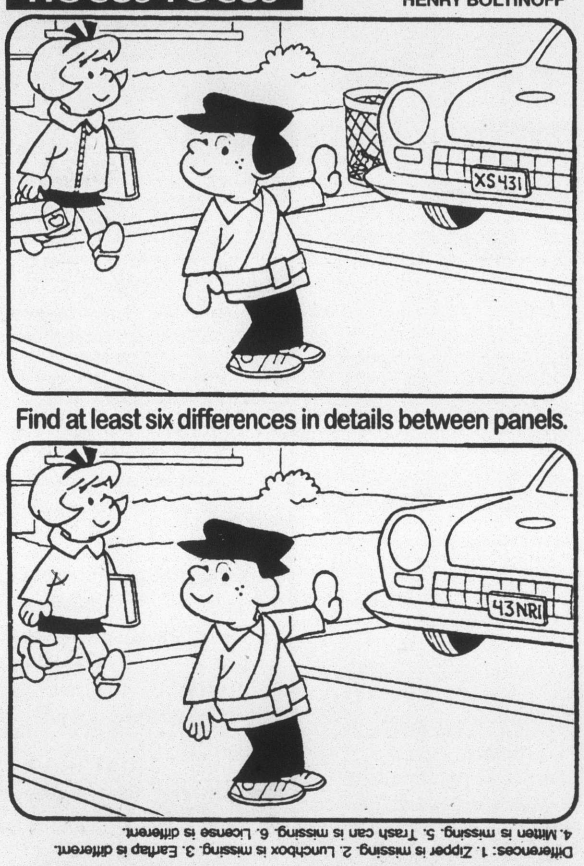
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Zipper is missing. 2. Lunchbox is missing. 3. Earflap is different. 4. Mitten is missing. 5. Trash can is missing. 6. License is different.

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Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What is the capital of Serbia?

2. TELEVISION: Who played Monica's boyfriend Richard on "Friends"?

3. NATURAL WORLD: What is the common name of Euphorbia pulcherrima, which blooms during the holidays?

4. BIBLE: What is the third book of the Old Testament?

5. GAMES: What is the shape of the answer grid inside a "Magic 8 Ball," a hand-held game that gives stock answers to questions?

6. AD SLOGANS: Which car rental company had the slogan "We try harder"?

7. LITERATURE: Who was the author of the 1954 novel "The Adventures of Augie March"?

8. COMICS: What is the name of Dagwood and Blondie's dog?

9. MYTHOLOGY: What was the name of the monstrous hound that guards the gates of Hades?

10. ANATOMY: What is the meniscus disc in the knee made of?

Answers

1. Belgrade
2. Tom Selleck
3. Poinsettia
4. Leviticus
5. An icosahedron, a 20-sided figure
6. Avis
7. Saul Bellow
8. Daisy
9. Cerberus
10. Cartilage

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Salome's Stars

ARIES (March 21 to April 19) Your ideas are finally reaching those who can appreciate them. But don't expect any immediate reactions. That will come later. Meanwhile, a personal matter needs your attention.

TAURUS (April 20 to May 20) Your energy levels are rising, and you're feeling restless and eager to get into some activity, whether it's for profit or just for fun. In either case, the aspects are highly favorable, so go for it.

GEMINI (May 21 to June 20) A relationship seems to be winding down from passionate to passive. It's up to you to decide what the next step will be. But don't wait too long to take the initiative. Delay could create more problems.

CANCER (June 21 to July 22) A decision looms. But be very sure that this is what you really want before you sign or say anything. Once you act, there'll be little or no wiggle room for any adjustments.

LEO (July 23 to August 22) Money matters improve, but you still need to be cautious with your spending. Also, set aside that Leonine pride for a bit and apologize for contributing to that misunderstanding.

VIRGO (August 23 to September 22) A tempting financial situation could make the usually unflappable Virgo rush in before checking things out. Be alert to possible hidden problems. Get the facts before you act.

LIBRA (September 23 to October 22) It's nice to know that you're finally getting due credit for your efforts. You also should know that new opportunities will follow. A family member brings important news.

SCORPIO (October 23 to November 21) Any uncertainty that begins to cloud an impending decision could signal a need to re-examine your reasons for wanting to take on this commitment.

SAGITTARIUS (November 22 to December 21) You benefit from taking time out of your currently hectic schedule to do more contemplation or meditation. This will help re-energize you, both in body and soul.

CAPRICORN (December 22 to January 19) Nursing hurt feelings can zap the energies of even the usually self-confident Sea Goat. Best advice: Move forward. Success is the best balm for a painful ego.

AQUARIUS (January 20 to February 18) A display of temperament surprises you, as well as those around you. It could be all that pressure you're under. Consider letting someone help you see it through.

PISCES (February 19 to March 20) Some things don't seem to be working out as you'd hoped. Don't fret. Instead, take some time out to reassess your plans and see where changes could be made.

BORN THIS WEEK: You enjoy traveling and meeting people. You are especially good with children and would make an excellent teacher.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **V** equals **R**

KW U OKGGL QHJJIBFL PCGQ GP ZUOI U QPHBJ, RPHFJ LPH RUFF GXUG U CHVV-PW-GXI-ZPZIBG JIRKQKPB?

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MAGIC MAZE ● VETERANS —

L E B Y V S P M J H E B Y V T
Q O S L I G P D E B Y W T R P
M S T I F E N E B K I F D B Y
W E A U N S T Q C L U O Y M K
I F D S D T S R I A F F A A B
H D I A I Z X W E T E U W S D
S O U M R Q O R N I G P K G L
N L M J H A U F D P D C R N E
A O Y E W B P V T S I S A O I
C Q P N L K I H F O R E P S F
C B Z Y W V U S R H B Q P N M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Aid	Committee	Home	Pension
Benefits	Day	Hospital	Songs
Bridge	Field	Parade	Stadium
Bureau	For Peace	Parkway	

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Wishing Well®

5	4	2	5	7	5	2	8	4	7	3	7	5
Y	K	A	O	R	U	D	A	E	E	L	S	E
3	7	4	6	7	4	7	4	2	4	7	6	8
O	T	E	N	R	P	I	P	E	R	C	E	T
6	2	4	8	5	6	3	2	3	6	8	7	8
W	L	O	E	X	T	V	I	E	H	L	T	E
7	8	2	6	8	7	8	4	7	6	7	8	2
I	P	G	O	H	O	O	M	N	U	L	N	H
7	8	6	7	2	8	5	4	5	8	5	8	3
I	E	G	F	T	C	T	I	E	A	N	L	U
4	7	8	3	7	6	7	3	5	4	2	3	6
S	T	L	P	E	H	D	H	D	E	F	E	T
5	3	5	4	3	2	5	2	5	2	6	2	2
H	L	E	S	D	U	L	L	P	D	S	A	Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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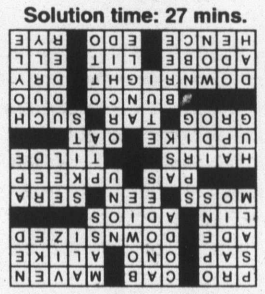
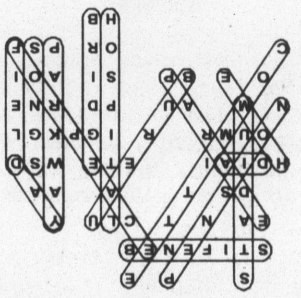
— King Crossword — *Answers*

Solution time: 27 mins.



Magic Maze *ANSWERS:*



Cyptoquip *ANSWER:*

If a kitty suddenly opts to make a sound, could you call that a purr-of-the-moment decision?

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508-436-4081 2/9

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NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-12

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Jody Luongo for a dimensional variance for floor area ration to construct a three unit, three story residential building in the Residence B zoning district in violation of Title 17, Sections 4.1 (dimensional regulations).

The parcel of land is located at 19-21 Trask Avenue and is shown as Lot 25 on Assessors' plan no. 4031.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-13

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of WinWin Properties, LLC for a Variance to rebuild existing front porch in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 7 MUIRHEAD STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-14

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Jimie Wang for a Finding to enclose the second floor porch to enlarge the bedroom in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structure) on the premises numbered 9-11 HOVEY STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-16

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of 83 Dysart St, LLC, George Lang, manager for a Finding to demolish pre-existing non-conforming garage used for commercial purposes and replace with a 2-unit. 2.5 story residential structure in violation of Title 17 as amended Chapter 3.4.2 (nonconforming uses) and Chapter 3.4.3 (non-conforming structures) on the premises numbered 83 DYSART STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

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The Quincy Sun

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- ❑ For Sale
- ❑ Autos
- ❑ Boats
- ❑ For Rent
- ❑ Wanted
- ❑ Help Wanted
- ❑ Work Wanted
- ❑ Pets
- ❑ Lost & Found
- ❑ Real Estate
- ❑ Antiques
- ❑ Flea Markets
- ❑ Yard Sales
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- ❑ Day Care
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2-4 WEEKS ❑ $8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.

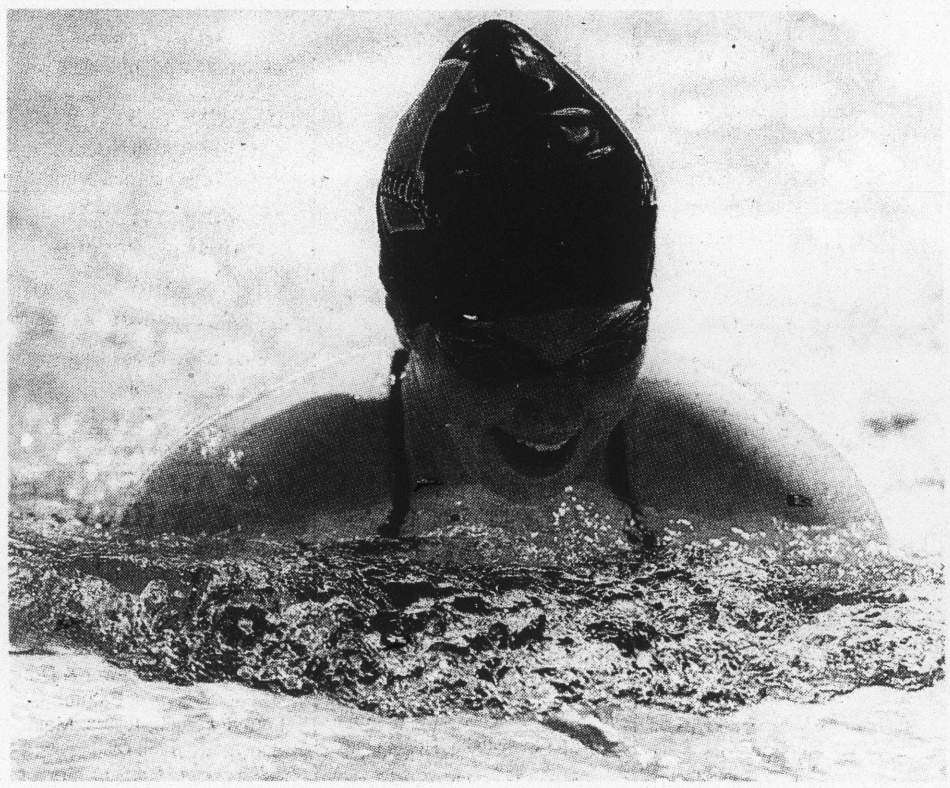
5-10 WEEKS ❑ $7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.

11 WEEKS OR MORE ❑ $7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

❑ Enclosed is $ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

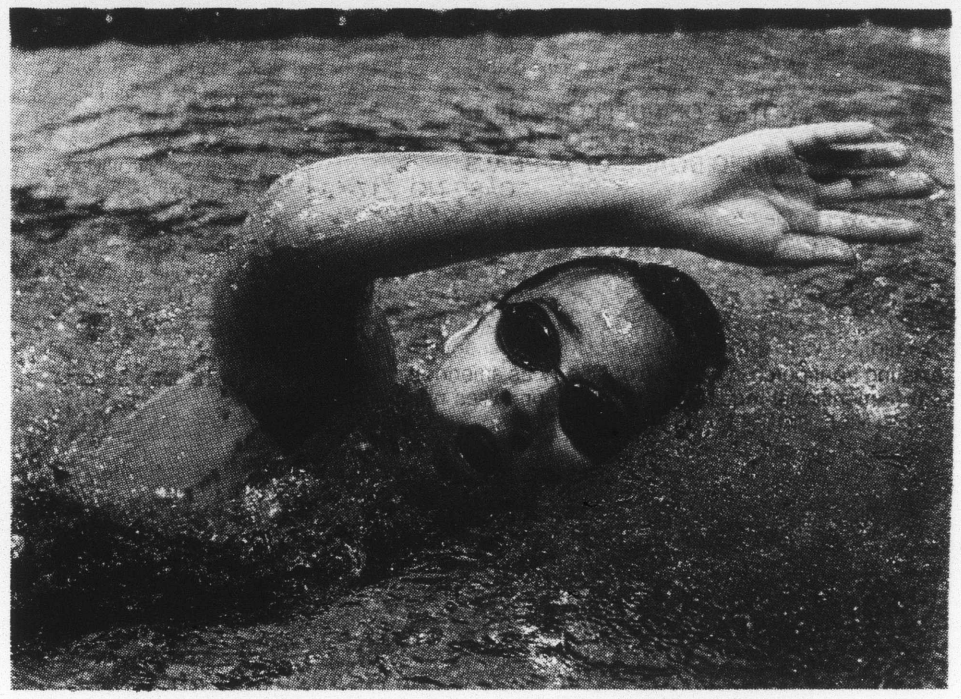
COPY: _____

QUINCY FRESHMAN Alison Cahill competes in the 100 yard freestyle.



NORTH QUINCY JUNIOR captain Brenna Kirby competes in the 200 individual medley.

NORTH QUINCY SOPHOMORE Jenny Tran competes in the 100-yard freestyle.



QUINCY JUNIOR Tammy Ma competes in the 200 individual medley.

Quincy Girls Defeat NQ

Cont'd From Page 18

nior Kat Casey's effort of 1:19.96 earned first in the 100 butterfly. Freshman Alison Cahill (1:18.53) and junior Julie Hong (7:05.32) won the 100 and 500 freestyle events, respectively.

Every North Quincy relay earned gold. The quartet of junior Ina Hoti, freshman Amaryllis Gu, sophomore Juliana Chieng, and senior captain Danielle O'Driscoll clocked 2:20.53 to edge out Quincy in the 200 medley relay. Chieng then captured first in the 50 freestyle (27.12) before teaming with senior captain Stephanie MacFarland, junior Julia Klincewicz and Hoti for first in the 200 free relay. Ina Hoti placed first in the 100 backstroke (1:21.97) then Klincewicz joined O'Driscoll, junior Brenna Kirby and freshman Denise O'Donovan to win the meet's final race, the 400 freestyle relay (4:47.47).

Houghs Neck Blood Drive

The Houghs Neck Community Council will hold a Winter Blood Drive, Tuesday Feb. 21, from 2 to 7 p.m. at St. Thomas Aquinas Hall, Darrow St. Quincy.

Donors are asked to call ahead and make an appointment at 1-800-733-2767 or visit redcrossblood.org. Also fill out all health questions at rapid pass on their website.

Walk-ins are also welcomed but reservations are recommended.

Contact Eileen Timcoe for more information or to make an appoinment at 617-479-4107 or etimcoe@yahoo.com.

The City of Quincy & Discover Quincy Present

A City of Quincy/JM Production

Presidents Day Winter Fest

Hancock Adams Green at City Hall

Monday, February 20, 2017

4 PM to 7 PM

FREE for the Whole Family

Teen Pop Group "3D"

GIANT Inflatable Slide

Fire Breathing

Mobile Video Game Truck

Live Entertainment

Marionette Show

PRESIDENTS DAY Winter Fest QUINCY

Green Screen Photo Booth

National Guard Band

Local Restaurants

Historic Tours at Old City Hall & Church of the Presidents

Sponsored in part by

United First Parish Church (Church of the Presidents)

All attractions and entertainment are FREE (restaurants excluded)

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S.S. YMCA Celebrating 125th Year - *Pages 15 - 18*

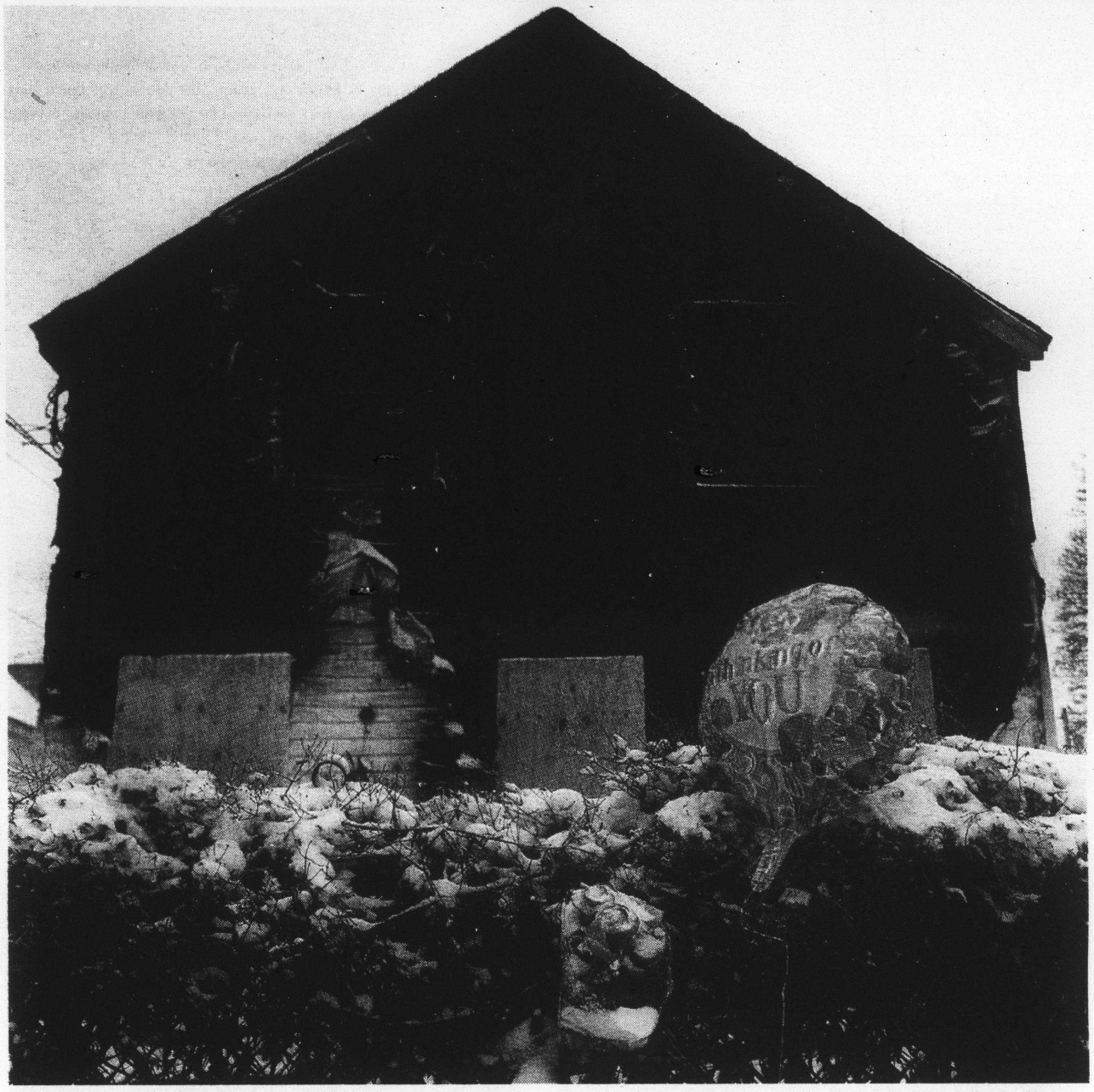
Good Start To 2017 Real Estate - *Page 23*

Quincy Boys, NQ Girls Hoop Winners - *Pages 19, 20*

The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 49 No. 22 | Thursday, February 16, 2017 | 75¢



SNOW-COVERED ROSES and a "Thinking of You" balloon serve as a makeshift memorial in front of 13 Bell St. in Houghs Neck where a two-alarm fire early Sunday morning claimed the lives of a 67-year-old grandmother and her 19-year-old grandson. The victims have been identified as Thelma Powers and William Powers. A third occupant – Michael Powers – William's father and Thelma's son – escaped the deadly blaze jumping from a second-story window. *Quincy Sun Photo/Robert Bosworth*

Oxygen Tank May Have Flamed Fatal HN Fire

Grandmother, Teen Killed; Fund Set To Help Family

By SCOTT JACKSON

A fund has been established after a 67-year-old grandmother and her teenage grandson were killed in a quick-moving fire that engulfed a Houghs Neck home early Sunday morning.

Thelma Powers and her grandson, 19-year-old William Powers, were identified by the Norfolk County District Attorney's Office as the victims in Sunday's fire. A third family member – William's father, Michael – was injured when he jumped from the second floor of the house at 13 Bell St. to escape the fire.

Ward 1 Councillor Margaret Laforest said she attended Quincy High School

Cont'd On Page 11

Red Cross To Install Smoke Alarms, Teach Fire Safety Following Fatal Fire

The American Red will visit Quincy Saturday, Feb. 18 and Feb. 25 as part of its Home Fire Campaign to install free smoke alarms and teach people how to be prepared for home fires.

Red Cross volunteers have been canvassing neighborhoods in Quincy, placing door hangers announcing free home safety checks for smoke alarms. Quincy residents can call 800-746-3511 to sign up for in-home safety checks.

Red Cross volunteers will be in Quincy Feb. 18 and Feb. 25, installing smoke and carbon monoxide alarms.

Volunteers will also be canvassing Quincy's Houghs Neck neighborhood, making people aware of the Home Fire Campaign program following Sunday's deadly fire on Bell Street.

The Home Fire Campaign is a nation-wide program that involves Red Cross workers joining with local fire departments and community groups to visit neighborhoods at high risk for fires. To date, the Massachusetts program has been to more than 3,500 homes in 200 cities and towns. Nationwide, more than 500,000 alarms have been installed in homes in all 50 states.

Cont'd On Page 11

Bob McGillicuddy Tribute Thursday At L-H Pool

Quincy Public Schools will host a tribute to the late Bob McGillicuddy, a beloved educator and swim coach, today (Thursday) from 6 to 8 p.m. at the Lincoln Hancock Community School Pool, 300 Granite St., Quincy.

Mr. McGillicuddy died Jan. 31 from complications of a rare disease. He was 52 years old.

Mr. McGillicuddy was a longtime middle school science teacher. He is also credited with invigorating the high school swim programs as a dedicated coach.

Bridge St. Proposal, 3 Others Approved

By SCOTT JACKSON

A plan to construct a 60-unit residential building in Quincy Center that had run into neighborhood opposition at public hearings was one of four projects to receive the go-ahead from the Planning Board during its most recent meeting.

The board approved Boston Property Development's plan to construct the residential development at 23-31 Bridge St. during its Feb. 8 meeting. Also approved that night were proposals for a 72-unit residential building in North Quincy, six new condos in Quincy Point; and changes to a previously approved plan for a new hotel in North Quincy.

Cont'd On Page 4

City Planning School Roof, Boiler Work

By SCOTT JACKSON

City officials hope to replace a portion of the roof at North Quincy High School and the boilers at the Francis W. Parker Elementary School.

The City Council signed off on statements of interest – the first step in the Massachusetts School Building Authority's accelerated repair program – for both projects during its meeting on Feb. 6. The School Committee had previously approved both as well.

Paul Hines, the city's commissioner of public buildings, said the plan is to replace the roof above the Hunt Street entrance and cafeteria, as well as the roof

Cont'd On Page 12

State Sen. Keenan Highlights Priority Bills - *Page 3*
Shingles: A Message From The Health Dept. - *Page 9*
Schools Ramp Up STEM Programs - *Page 10*

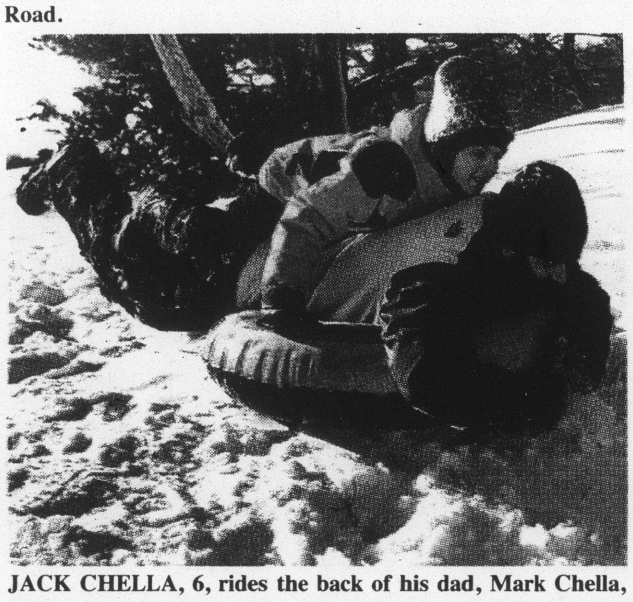
More Quincy news:
The Quincy Sun.com

First The Snow, Then The Shovels And Sleds

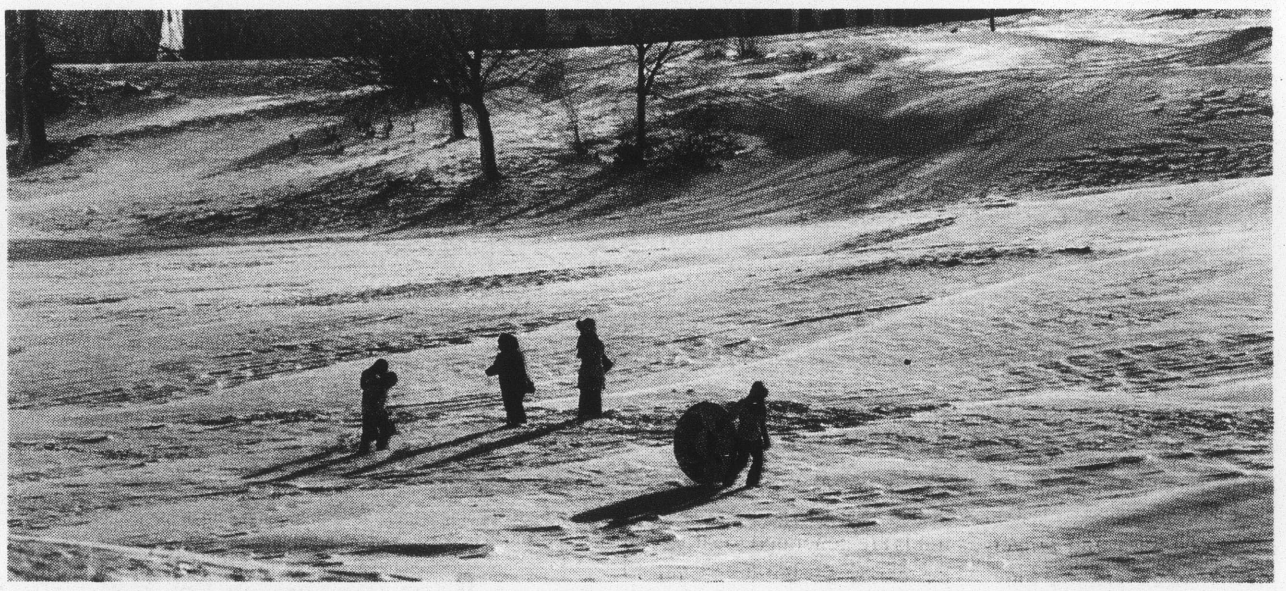
THE FEB. 9TH blizzard dumped more than 12 inches of snow in Quincy and forced residents to dig out last Friday morning. Here Dan McCluskey shovels the end of his drive on Overlook Road.

Quincy Sun photos/Tom Gorman

BUT THE FRESH layer of snow also created fun outdoor activities like sledding. Here Anne Marie O'Connor gives a push to Aileen O'Connor, Ciara O'Neill and Sinead O'Connor on their sled at Presidents Golf Course following the Feb. 9 snowstorm.



JACK CHELLA, 6, rides the back of his dad, Mark Chella, as they head downhill at Presidents Golf Course following the Feb. 9 snowstorm.



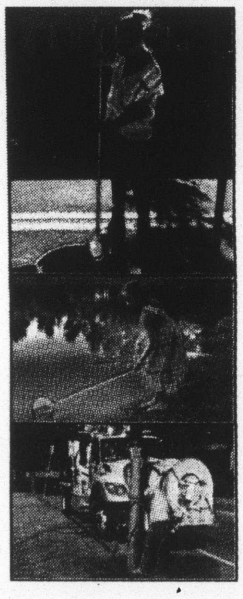
YOUNGSTERS HAVE FUN in the snow at Presidents Golf Course last Friday after the Feb. 9th snowstorm.

COMMUNITY MEETING

Wednesday, February 22 at 6:30 pm
Atlantic Middle School, 86 Hollis Ave.

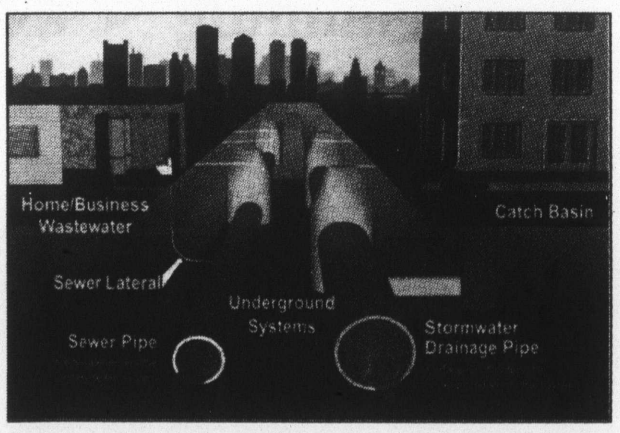
DPW

As part of the City's commitment to improve our beaches and waterways, ensure sustainable reinvestment in utility infrastructure and reduce the costs of services to ratepayers, the Department of Public Works will be conducting sewer and stormwater drainage investigation projects in your neighborhood this spring.



Please join us at a community meeting where you'll learn...

- Why our sewer and stormwater drainage system is essential to economic vitality.
- How the sewer and stormwater drainage systems function.
- What you can do to help us keep these systems operating efficiently and effectively.
- How this work will benefit your community and why clean water is everybody's business.



Quincy sewer customers send 13.7 million gallons of sewage to the MWRA treatment plant every day. Sewer customers are charged for treating their sewage in their water and sewer bill. Any rainwater, sea water, or groundwater that enters the City's sewer system through cracked or leaky pipes is also sent to the MWRA. Sewer customers also pay to treat this *infiltration and inflow* ("I&I"). Thousands of ratepayer dollars are spent annually to find and fix I&I. Removing I&I from our sewer system helps to stabilize sewer rates.

CLEAN WATER IS EVERYBODY'S BUSINESS

THOMAS P. KOCH, MAYOR
DANIEL G. RAYMONDI, COMMISSIONER

DEPENDABLE CLEANERS
PRESIDENTS' WEEK
COAT SALE

COATS CLEANED FOR ONLY
$8.88 each*

MONDAY FEB. 20TH THRU FRIDAY FEB. 24TH

Dependable cleaners
WWW.DEPENDABLECLEANERS.COM

*No coupon needed. Valid at all 16 stores and for delivery. No limit. Same day service may not apply. Leather, suede and fur will be at a higher price. Cannot be combined with other offers.

Presidents Day Winter Fest At Hancock-Adams Green

The Presidents Day Winter Festival is coming, and officials in the City of Presidents hope to make it an annual celebration.

Quincy will host the Presidents Day Winter Festival – featuring live music, entertainment and other activities – on Monday, Feb. 20. The free event will take place on the Hancock-Adams Green between City Hall and the United First Parish Church in Quincy Center. It is set to begin at 4 p.m. and last until 7 p.m.

Mayor Thomas Koch hopes to shine a light on the new public space by creating an atmosphere of community. When the Hancock-Adams Green is completed – likely in the first half of 2018 – the mayor plans on dedicating the space for family-friendly events.

"Presidents Day is also the start of February vacation, so a family-friendly event is a great start," he said. "Quincy is the City of Presidents. We should be celebrating that on a grander scale and this is a good beginning. We plan on expanding the festival and making this an annual tradition."

On tap for the event is the Massachusetts National Guard Quintet, teen pop group 3D, a 35-foot snow slide for children, fire breathers, stilt walking, a video game truck, marionette show and green screen photo booth. The live entertainment will be available outside and inside the two historic buildings; tours of City Hall and United First Parish Church will also be offered.

The city of Quincy is producing the 2017 Presidents Day Winter Festival in conjunction with JM Productions; it is also a partnership between the city and Discover Quincy. Additional support has been provided by the United First Parish Church and Adams National Historical Park.

TEAM WORK – Two youngsters head to a slope with their sled at Presidents Golf Course following the Feb. 9 snowstorm.
Quincy Sun Photo/Tom Gorman

Keenan Highlights Senate Priority Bills

The State Legislature's 2017 – 2018 session has commenced, bringing a new round of legislative proposals contained within the more than 5,700 bills that were filed before the January 20th filing deadline.

State Sen. John Keenan (D – Quincy) filed a total of 48 bills, covering a broad range of issues and reflecting his work on some longstanding priorities while also tackling some new legislative goals. Some of the priorities include:

Supporting Local Engagement and Community

Sen. Keenan filed two bills promoting community-building and civic engagement. One would require major cable companies, such as Comcast, to permit local government access channels, to broadcast in HD. "This is a simple matter of keeping up with advancing technology," said Keenan, "so that QATV and other public service channels can continue to help citizens stay connected with their local government and community."

Another bill requires more transparent accounting of regional tourism funding, collected in part through a local hotel room occupancy tax, so that Quincy can continue organizing holiday and cultural events, and promoting tourism. "These funds are generated locally," Keenan said, "but allocated on a regional basis, so we need to ensure that the way the Commonwealth spends these funds is fair and inclusive across the region."

The Opioid Addiction Crisis

Sen. Keenan has been a leading author on various laws which address the opioid addiction crisis. Many of the reforms have only recently taken effect, or have effective dates that are soon approaching.

Keenan stated, "While we remain closely engaged with implementing the provisions of previous bills, I've also filed several new bills that are targeted to very

Cont'd On Page 13

Ask the GEMOLOGIST
BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST

MAKING A STATEMENT

Every woman should own at least one big, bold, eye-catching piece of jewelry that "makes a statement." These statement pieces draw the attention of everyone nearby and show them the type of woman the wearer is. Pieces of this type can be worn on special occasions or used to dress up plain outfits. For example, a large necklace that is set with colored gemstones in gold or platinum can be worn to a glamorous party or to spice up a dress worn to a wedding. Other statement pieces include cocktail rings with large emerald-cut colored gemstones, diamond cluster rings, and sapphire bracelets. Statement pieces should border on the audacious and be exceedingly fun to wear.

The beauty of statement jewelry is that it only takes one piece to make your whole outfit pop. The key is to keep it simple. To learn more about our jewelry selection, please call 617-773-3636. Our store at 1402 Hancock St. in Quincy Center features a constantly changing assortment of estate and pre-owned jewelry and other items. This category makes unusual treasures available at attractive pricing to the public.

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Rogers Diamonds...Watches...Jewelry www.rogersjewelry.com

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Cajun Seafood Restaurant To Open In Quincy Center

By SCOTT JACKSON

A restaurateur is hoping to make a splash in Quincy Center with an eatery that specializes in seafood prepared Cajun style.

The city's Board of License Commissioners on Feb. 7 approved an all alcohol license for the Shaking Crab, which is set to open at 22 Cottage Ave. in an 88-seat space formerly home to Quincy Jade. The restaurant is the third of 23 all alcohol licenses granted to Quincy by special legislation in 2013; those licenses are restricted to the downtown.

This will be the second Shaking Crab location. Nicholas Wu, manager of the Quincy Center eatery, said the first Shaking Crab in Newton has been consistently busy since its 2015 opening.

"They're asking us if we have a bigger place," Wu said of the restaurant's customers. "Most of the time they have to wait for one hour or maybe one and a half hours to get into our restaurant, because our Newton restaurant is very small. That's why we want to open in a little bit bigger space in Quincy."

Wu said he was inspired to open the Shaking Crab after trying Cajun cuisine in Louisiana.

"After coming back to Boston I was like 'oh my God, I miss that food. I miss that taste,'" he said. "We were looking around and there was no such restaurant."

The Newton location's menu includes shellfish – lobster, clams, mussels, shrimp, crawfish and four different types of crab – served by the pound. The seafood is served in the shell, and Wu said that encourages customers to converse with each other instead of looking at their cellphones.

The restaurant will be open from 5 p.m. to 11 p.m. on weekdays, noon to 11 p.m. on Saturdays, and noon to 10 p.m. on Sundays. John Galvin, Wu's attorney, said the Shaking Crab is focused on food, not alcohol.

"It's about dining. Alcohol is obviously an adjunct to that, but it's not about that," he said.

Fire Chief Joseph Barron said the Shaking Crab would be a welcome addition to the area.

"It's exciting. It's nice to see something a little different coming to Quincy Center. We're starting to develop a nice variety and you're going to be right in the mix," Barron said. "We wish you the best of luck."

In other business Feb. 7, the licensing board:

Approved a transfer for the retail all alcohol license currently held by Gidda Enterprises – the company that operates Quick 6 at 637 Southern Artery – to Malia Brothers LLC. The new owners will take over the existing business and do not plan to make any changes.

Approved special use permits for the 20th annual Squirrel Run on June 10 and the 11th annual Bill Dunn Memorial Road Race on June 24.

Approved the request of Summer International Travel, 43 Faxon Rd., for a livery license.

Approved Paul Bates' request for a garage license at 14 Sampo Place. He plans to store up to 11 antique vehicles on site, and will not be doing any body or mechanical work.

Approved a request by Len Senn, 1554 Hancock St., for a change of manager from Sirikarn Wade to Manee Dasitanaporn.

Bridge St. Proposal, 3 Others Approved

Cont'd From Page 1

The board was prepared to vote on the Bridge Street project – which also includes 90 parking spaces – at its previous meeting in January, but a vote was not taken at that time because no member made a motion to approve or reject the proposal.

Residents, during several public hearings on the plan, had said the proposal was too big for the neighborhood and also raised concerns about the visibility of the building from the Adams National Historical Park. The park's Peacefield, which includes the Old House (also known as the Adams Mansion), is located a short distance from the development site, separated from it by MBTA tracks and Newport Avenue.

The project had received approval from the Quincy Historical Commission in January following that month's Planning Board meeting. The commission's approval includes several conditions, such as the preservation of trees on site and maintenance of the plants abutting the MBTA tracks. Members of the board have said the project's impact on sightlines from the historical park would factor in on their final decision.

The public hearing on the Bridge Street plan was closed during the previous Planning Board meeting in January, and residents did not have the chance to do so again during last week's meeting.

Boston Property Development – headquartered on nearby Greenleaf Street – is also the firm behind the 53-unit residential building next door at 999 Hancock St., formerly home to the Temple Beth El. The company has dubbed the Hancock Street building Triple 9 Brookside and the Bridge Street proposal Triple 9 Hillside.

The 72-unit residential building in North Quincy will be constructed at 31-39 Newbury St., near the Neponset Bridge. The site, which is currently home to Industrial Heat Treating, is contaminated and will have to be remediated during construction.

The six-story building will include two levels of parking with four levels of residential units above; each floor will have 18 units. A total of 118 parking spaces are included in the proposal; Christopher Harrington, the attorney for property owner John McCormack, noted that is 10 more than required by the city's zoning code.

Planning Board chairman Richard Meade said he had some hesitation about putting the residential atop contaminated land, but was happy to hear the applicant with the Massachusetts Department of Environmental Protection and various city departments' on the project.

"This is a prime example of agencies at the state and city level working to develop what consider is a sound decision, something that is good for all the parties concerned," he said.

The DEP must sign-off on the cleanup before the city issues a certificate of occupancy for the site.

As part of the proposal, the developer has agreed to install a new sidewalk connecting his property to Hancock Street. The developer will also repave that portion of Newbury Street and install a new water main under it.

The six new condos in Quincy Point will be located at 129 and 131 Sumner St. Town River Realty Trust, with Elizabeth Brown as its trustee, had made the proposal.

The plan includes three new duplexes, each with two condos. The single-family home at 129 Sumner St. will remain on site.

Each condo will be two stories tall. The first floor of each will include a one-car garage and the kitchen, dining and living areas. The second floor of each unit will house three bedrooms.

Harrington, who was also the attorney presenting this proposal, said the developer chose to build duplexes on site instead of townhouses to better amalgamate with the surrounding neighborhood.

"This was designed specifically to have a very modest scale," he said. "It's really much different than a lot of the other projects in the city."

The project includes a total of 27 parking spaces – three for each of the seven units, plus six guest spaces. Ward 2 Councillor Brad Croall – who referred to himself as "Councillor Parking" because he often raises concerns about parking in projects proposed in his ward – was happy with the number of space in this proposal.

"Knowing the area and knowing the build out of the city, I was pleased to see it will have adequate parking," he said. "On Sumner Street, as many of you probably know, there is nowhere to absorb any overflow."

The final approval granted by the Planning Board was amendment for previously approved plans for a hotel at 1 Arlington St. in North Quincy, at the intersection of West Squantum Street.

Cathartes, a Boston-based real estate development firm, received approval from the board in April 2016 for a six-story, 140-room hotel on site with 102 parking spaces. The revised plans call for a shorter building with a larger footprint – five stories and 180 rooms. The number of parking spaces would be reduced to 91, which is one more than required by the city's zoning code.

Bob Harnais, the attorney representing the developer, said Cathartes had always planned to construct a second development on the property. Instead of residential development, the company opted to expand the hotel's footprint.

As part of the revised plan, the number of rooms with a kitchenette has been reduced. The original plan included kitchenettes in all 140 rooms. Under the new proposal, 90 rooms would have kitchenettes. The hotel will operate under a Marriott or InterContinental Hotels Group brand.

Public hearings on three projects were continued to the board's next meeting, slated for March 15.

Among them is Peter O'Connell's plan for Chestnut Place, a 15-story high-rise building on Dennis Ryan Parkway in Quincy Center. The building, which would be the tallest in the city, would include 124 apartments and 4,200 square feet of ground floor retail space.

The City Council in January approved a land disposition agreement with O'Connell, allowing the city to sell a 13,526 square foot parcel of land on a corner of the Hancock Lot to the developer for the project. The city will receive $940,000 – the parcel's appraised value – for the land. O'Connell could break ground on the project this fall; the developer, however, will not be able to close on the land until he has financing and building permits in hand.

The other public hearings continued to March 15 included a proposal for a 28-unit apartment building at 57 Quincy Shore Dr., formerly home to Murphy Brothers vehicles sales and services center, and a proposal for a three-story, nine-unit residential building at 92 Sagamore St.

The Feb. 8 meeting was also the final Planning Board meeting for member Glen Comiso. Comiso, who is the senior director for institute affairs at MIT, had served on the board for three and a half years. He thanked Mayor Thomas Koch for appointing him to the board as well as the Planning Department and fellow board members.

Cont'd On Page 12

Moments in time

THE HISTORY CHANNEL

• On **March 1, 1692**, in Salem Village in the Massachusetts Bay Colony, authorities begin seeking out witches after two children began experiencing fits. After a doctor concluded that the children were suffering the effects of witchcraft, others stepped forward and incriminated more than 150 women and men of Satanic practices.

• On **March 5, 1770**, a mob of American colonists gathers at the Customs House in Boston and begins taunting British soldiers. The British regulars responded by firing their rifles, killing five colonists. Later, two British soldiers had their thumbs branded with an "M" for murder as punishment.

• On **Feb. 27, 1922**, in Washington, D.C., the 19th Amendment to the U.S. Constitution, giving women the right to vote, is unanimously declared constitutional by the U.S. Supreme Court.

• On **March 4, 1933**, at the height of the Great Depression, Franklin Roosevelt is inaugurated as the 32nd president of the United States. In his inaugural address, Roosevelt outlined his "New Deal," an expansion of the federal government as an instrument of employment opportunity and welfare.

• On **March 3, 1952,** the U.S. Supreme Court upholds a New York state law that prohibits communists from teaching in public schools. The statute applied to anyone who called for the overthrow of the government.

• On **March 2, 1966**, the Ford Motor Company celebrates the production of its 1 millionth Mustang, a white convertible. More than 400,000 Mustangs were sold in the first year, perhaps boosted by its appearance in the James Bond movie "Goldfinger."

• On **Feb. 28, 1982**, the J. Paul Getty Museum becomes the world's most richly endowed museum when it receives a $1.2 billion bequest from the American oil billionaire. Getty died in 1976, but legal wrangling over his fortune by his children and ex-wives kept his will in probate until 1982.

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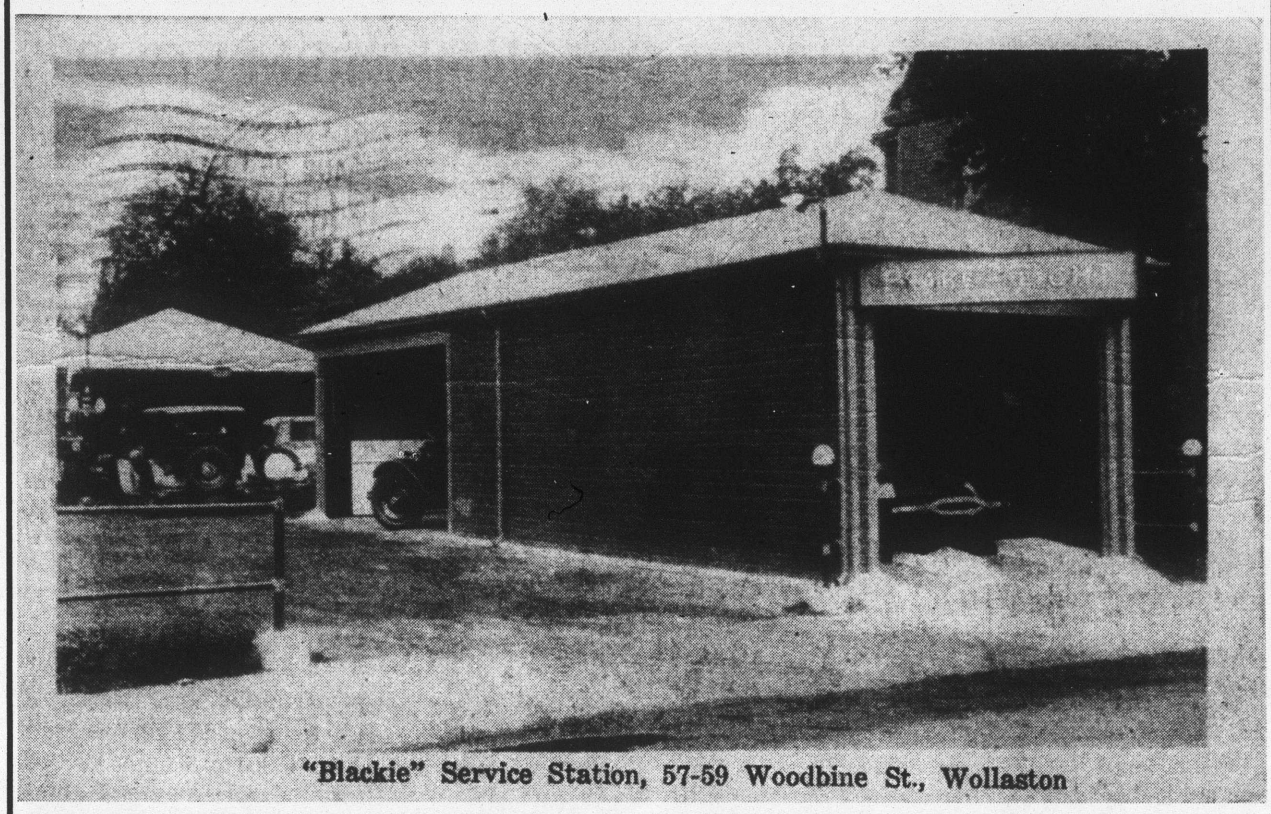
Scenes From Yesterday



"Blackie" Service Station, 57-59 Woodbine St., Wollaston

THIS 1930 advertising postcard was published for the Blackie Services Station that was located near the corner of Woodbine Street and Weston Avenue in Wollaston. It was owned and operated by Albert Blackman who lived just around the corner. The sign over the door is barely discernible, but this was an official Massachusetts State light and brake inspection station. The inspection procedure was much simpler than what we go through today. The postcard was mailed to local customers as a reminder to come by for the inspection. The reverse of the card states that "we served you with expert knowledge and the most scientific equipment obtainable." Surely they didn't have anything like the computer they now plug into our cars. The site of this business is now included in the MBTA's Wollaston Station parking lot. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Rabies Clinic April 8 At Quincy Animal Shelter

The Quincy Health Department will sponsor a Rabies Clinic Saturday, April 8 from 10 a.m. to 1 p.m. at the Quincy Animal Shelter, 56 Broad St., Quincy (behind the George F. Bryan VFW Post and Father Bill's Place.)

The fee is $20 for dogs and cats. Owners should bring proof of rabies vaccination within the last year.

The clinic is for dogs and cats age three months and older.

QCAP First-Time Homebuyers Workshop

Quincy Community Action Programs, Inc. (QCAP) will host a comprehensive workshop designed for first time homebuyers in March.

The two-day workshop will be held Thursday, March 2 from 6 to 9 p.m. and Saturday, March 4, from 9 a.m. to 3 p.m. at Randolph Savings Bank, Corporate Headquarters, 10 Cabot Place, Stoughton.

Attendance at both sessions is required to receive a Certificate of Completion.

The workshop provides a comprehensive review of the home buying process. Real estate professionals will lead instruction on topics from mortgages to home insurance. Participants may also use their Certificate of Completion to obtain a low rate loan through MassHousing or MassHousing Partnerships.

Individual counseling is also available.

Registration is underway ends on Feb. 28th.

For more information about the program and/or to register for the workshop, contact Peter Mullen, QCAP's homeownership counselor at 617-657-5315 or email at pmullen@qcap.org.

To register for the class, visit www.qcap.org.

For more information, visit www.qcap.org

Quincy College Quote Really Says It All

Readers Forum

As someone who has been a substitute teacher in the Quincy Public Schools for many years, I have seen first-hand what a great public school system the City of Quincy provides to the young people of Quincy. From kindergarten to high school, students graduate with knowledge that will help them as they progress in life.

My daughter graduated from North Quincy High School back in 2004. Today, she is well on her way to becoming a licensed architect after graduating from Northeastern with both bachelor's and master's degrees. Quincy Public Schools prepared her well for life.

Too often too many people throw public education under the bus in favor of charter schools which I agree have a place in educating our children. Catholic schools also still play a role too.

However, no society can survive without good public schools, good public safety and good public works. There is no liberal way or conservative way to public education. The bottom line is ensuring that our future in the classrooms of America today will be the leaders of tomorrow and tomorrow has a habit of arriving awful quickly.

As I viewed that photo in last week's Quincy Sun showing Quincy College President Peter H. Tsaffaras, JD standing next to his quote on the wall behind, I thought that quote basically said it all when it comes to why education is so valued.

As the quote states, "Our goal is to provide people with an education that allows them to become socially and economically productive members of society." Nuf said.

Sal Giarratani
East Boston

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Quincy's Yesterdays

This Week
1959
58 Years Ago

Nurses Reported To Plan March On City Hall

Reports were circulating that nurses at Quincy City Hospital would march on City Hall in support of two petitions through which they are seeking readjustment of both wages and vacation time.

Dr. Joseph P. Leone, director of the hospital, said that he heard reports that nurses would go to the City Council meeting.

Dr. Leone and two of his nursing administrators, Miss Mary O'Gara and Miss Ann Morin, will confer with Mayor Amelio Della Chiesa and the City Council with regards to the nurses' requests.

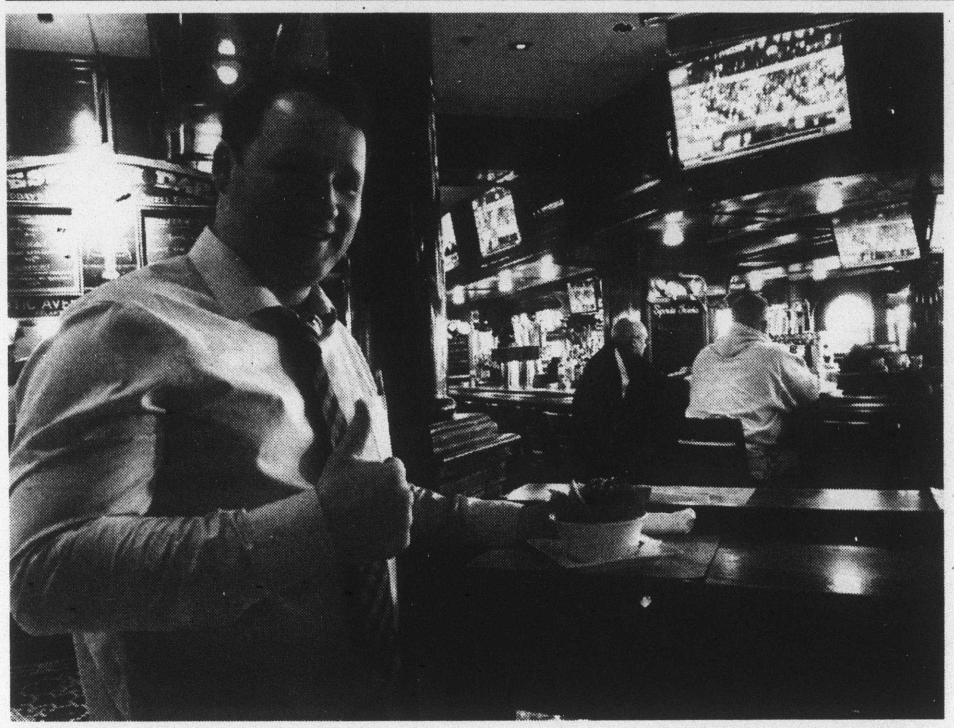
PUBLIC HEARING SLATED ON BUDGET

On a resolve offered by Council President James R. McIntyre, the City Council set March 9th as the date for a public hearing on 1959 city budget. The hearing will give citizens the opportunity to express their thoughts and opinions on the $18,000,000 budget.

QUINCY-ISMS

Five students from Eastern Nazarene College attended a three-day seminar on federal service in Washington D.C. The students included **Cinda Gilchrist, John Weslow, Larry Singell, Charles Novy** and **Robert Seyfried.** Accompanying the students was **Dr. Frank Gery,** faculty sponsor… **Dr. Frank Bauer,** pastor of Wollaston Lutheran Church, was the guest speaker at the combined women's club meeting at the Lutheran Church in Framingham… The Germantown Improvement Association voted to actively oppose passage of a bill by the legislature calling for the construction of a seawall off Prescott Terrace on the Fore River side of Germantown… **Bruce Alexander** of Explorer Post 19, sponsored by the Wollaston Baptist Church, received his Eagle Scout Award. Bruce is the son of Mr. and Mrs. George Alexander… The beautification of Manet Lake will be discussed at an upcoming meeting of the Houghs Neck Community Council. **Henry E. Kilduff** is the Council president and **David L. Kneeland** is civic affairs chairman. **Representatives Joseph E. Brett, James R. McIntyre** and **Charles L. Shea,** all spoke in favor of proposed legislation, which would require the payment of real estate and personal property taxes in four yearly installments… A committee planning the 10th anniversary reunion of the North Quincy High School classes of 1949, met at the home of **Mrs. Esther Thimot Eranio**… **Arthur C. Hood, Jr.,** son of Mr. and Mrs. Arthur C. Hood, Sr., 191 West Squantum St., received the silver wings of an Air Force jet pilot and a commission as a second lieutenant at Greenville Air Force Base, Miss… The Art Theatre, Hancock St., Quincy Center, was featuring "Two Hitchcock Thrillers": Farley Granger in "Strangers On A Train" and Vera Miles in "The Wrong Man"… The Republican City Committee of Quincy elected former state representative and city Councilor **William W. Jenness** as its new chairman. Jenness's challenge to Committee Members was "Get across the message of Republicanism."… **Raymond C. Warmington,** Norfolk County treasurer and former Quincy School Committee member, received the "Brotherhood Citation" from the Quincy B'nai Brith Lodge. Making the presentation was **Lester H. Glasser,** community relations chairman of the Lodge… **Mrs. Edmund Genereau** was the chairperson of the committee on sponsors for the Quincy Symphony Orchestra, which will present a "Pops" concert at the Masonic Temple… **Robert J. Campbell,** 43 Island Ave., Houghs Neck, was certified by Civil Service for the position of City Hospital ambulance driver… Ten Quincy residents were nominated to fill five positions on the board of directors of the Quincy Historical Society. They included: **Mrs. Murray Brittain, Russell DiMattio, William P. Farrar, William Ferrazzi, John P. Flavin, Mrs. Robert O. Gilmore, Mrs. I. Francis Murdock, Russell Scammell, Heslip Sutherland** and **Rev. Thomas J. Tierney**… **Sam Mele,** former member of the Boston Red Sox, recounted his experiences as a major league baseball player to the Summer Men's Group of the First Church of Squantum… **Norman Lundin,** Bayview Ave., Houghs Neck, was named to the Dean's List at Newbury Junior College where he is a freshman.

Arts & Entertainment



Tim Colton, general manager of The Fours, gives a thumbs up to the Southpaw Texas Chili that he is entering into the "Battle of the Blue Hills Chili Cook-Off" at Winter Fest. The Fours has won the "Judge's Choice Award" for the last two years.

Photo Courtesy Friends of the Blue Hills

Winter Fest Feb. 28 At Blue Hills Ski Area

The Friends of the Blue Hills will host its Annual Winter Fest on Tuesday, Feb. 28, from 5 to 8 p.m., at Blue Hills Ski, 4001 Washington St., in Canton.

For those hoping to get some winter exercise, there will be downhill skiing and a guided night hike under the lights. There will be plenty of indoor fun, too. Adults and children alike can do a jig to the spirited Irish tunes of Songs for Ceilidh, sample some of the area's best chili, make some creative winter crafts, or just warm up in front of the fireplace in the cozy ski lodge.

Blue Hills Ski is offering discounted rates of $20 each for all-day lift tickets, ski rentals, or lessons that day. To receive the discount, print out and bring the Friends of the Blue Hills homepage www.FriendsoftheBlueHills.org or Facebook page.

Four local restaurants will be competing in the "Battle of the Blue Hills Chili Cook-Off" that night, including The Fours which has won the Judge's Award for the last two years in a row. Local elected and town officials will serve as judges in the competition.

Winter Fest is just one of many free events the Friends of the Blue Hills offers throughout the year to encourage people to explore and enjoy the Blue Hills Reservation. For details about the event or to join Friends of the Blue Hills, please visit www.FriendsoftheBlueHills.org/winterfest.

Applications Available For Edith MacDonald Scholarship

Applications are available for the Edith B. MacDonald Scholarship given by the Seaside Gardeners of Squantum.

Any high school senior currently living in Squantum and any relative of a member of the Seaside Gardeners planning to attend a two year or four year college is eligible for the $1,000 award.

To be considered, applications must be postmarked by March 20th.

Contact Laurie Kelliher at 617-797-3349 or email her at lauriekelliher@verizon.net.

Local Programming Highlights on ... QATV

Quincy Access Television
88 Washington Street
Quincy, MA 02169
617-376-1440

Public Access Channel 8

Thursday, February 16
6:00pm: Bethany Congregational Service
7:00pm: At Your Library: February

Friday, February 17
8:00pm: At the Library Concert: Robert Simonds
11:00pm: QATV Classics: Louise DuArt

Saturday, February 18
10:00am: AM Quincy: Presidents Day Preview
10:30am: At the Library Concert: Jerome Mouffe

Sunday, February 19
4:30pm: AM Quincy: QPD Safe Boating Classes
7:00pm: Quincy @ North Quincy Girls BB 2/11

Monday, February 20
9:30pm: Currently in Quincy-The Interviews
10:00pm: QATV Classics: Lemingvision 2000

Tuesday, February 21
6:00am: LIVE: AM Quincy w/Joe Catalano (audio)
7:30pm: Quincy in Focus

Wednesday, February 22
9:30pm: Sound Advice
10:00pm: The Constitution: Then & Now

Government Access Channel 11

Thursday, February 16
12:00pm: QATV Classics: A Talk w/Tackey Chan
7:00pm: AM Quincy Presidents Day Preview
8:00pm: Currently in Quincy-The Interviews
8:30pm: At Your Library: February

Friday, February 17
7:00pm: Good Deeds: Quarterly Update
7:30pm: AM Quincy: QPD Safe Boating Classes
8:00pm: At the Library Concert: Jerome Mouffe

Saturday/Sunday, February 18/19
10:00am: At Your Library: February
1:00pm: AM Quincy: Presidents Day Preview
2:00pm: QATV Classics: A Talk w/Tackey Chan
3:00pm: At the Library Concert: Jerome Mouffe
4:00pm: AM Quincy: QPD Safe Boating Classes
7:00pm: AM Quincy: Presidents Day Preview

Monday, February 20
12:00pm: AM Quincy: Presidents Day Preview

Tuesday, February 21
7:30pm: LIVE City Council

Wednesday, February 22
7:00pm: City Council 2/21

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Presidents Day Celebration Feb. 22 At Adams National Historical Park

The Adams National Historical Park will honor U.S. Presidents John and John Quincy Adams as part of its celebration of Presidents Day on Wednesday, Feb. 22.

Join Kelly Halin, a Braintree teacher and National Park Service volunteer, at the event, which is set to take place from noon to 2 p.m. inside the visitors center at 1250 Hancock St. in Quincy Center.

Bring your imagination, artistic talent and inquisitive mind for an afternoon of conversation and activities to mark this special day honoring the office the president. From candle rolling to designing presidential campaign posters, this is your chance to share your thoughts and ideas.

The activities and program focuses on those in grades three through six, but all are welcome.

Validated parking for the event is available in the Presidents Place garage, accessible via Saville Avenue.

For more information about Adams National Historical Park, visit nps.gov/adam or call 617-773-1177.

New York City Day Trip May 13

Members of the Quincy Council on Aging will depart from the Kennedy Center on Saturday, May 13th at 6 a.m. for a day in New York.

Upon arriving at Battery Park in New York, the group will board a ferry which will take them to both the Statue of Liberty and Ellis Island. The group will have time to view all the exhibits which focus on the great immigration to America and the effects both had on their families and their newly adopted homeland.

There are cafeterias on both Ellis and Liberty Island for lunch (not included in price).

After returning to Battery Park, the group will visit the 9-11 Memorial. This very powerful memorial memorializes all those who died in the 9-11 terrorist attacks by listing their names on fountains placed where the original towers stood.

Expected arrival home is 10:30 p.m. after a most memorable day in New York. The cost of the trip is $89. You can register for this trip by visiting the Kennedy Center at 440 East Squantum St. Payment is due at time of registration.

For more information, call the Kennedy Center at (617) 376-1506.

Firefighters Bowling Saturday Benefits Alzheimer's Research

Quincy Firefighters Local 792 will host its second annual Night of Bowling to raise funds for Alzheimer's Research Saturday, Feb. 18 from 7 to 11 p.m. at Olindy's Bowling Lanes, Quincy Avenue, Quincy.

Admission is $20 which covers the cost of bowling and rental of shoes, snacks, music and lots of great door prizes.

Tickets are available at the door.

ENC Choir, Chamber Singers - Valentine's Day Benefit Concert Feb. 23

Eastern Nazarene College's A Cappella Choir and Chamber Singers will present a Valentine's Day-themed benefit concert Thursday, Feb. 23 at 7:30 p.m. at the South Shore Baptist Church in Hingham.

The public is invited to attend.

The concert will feature a wide variety of love songs, including classical, folk and contemporary arrangements.

A free will offering will be taken during the concert, with all proceeds benefiting Friends of the Homeless of the South Shore. Donations may also be made online at www.friendsofthehomeless.org.

ENC's choirs tour regularly in the New England and Mid-Atlantic states. In addition to performing internationally, the choirs have performed at New York City's Carnegie Hall and Lincoln Center, and at Boston's historic Jordan Hall at New England Conservatory.

South Shore Baptist Church is located at 578 Main St, Hingham.

For more information, contact the ENC Box Office at 617-745-3715.

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Five Receive Academic Honors At Mass. Maritime

Five students from Quincy have received academic honors at Massachusetts Maritime Academy in Buzzards Bay for the fall semester.

Two students are on the President's List. They are Cadet Martin McGlone and Cadet Christopher Gorman.

Three students are on the Dean's List. They are: Cadet Stephen Scolaro, Cadet Kristina Vey and Cadet Matthew McDonald.

TRASH NOTICE

DUE TO THE PRESIDENTS DAY HOLIDAY
MONDAY, FEBRUARY 20TH
THERE WILL BE A ONE DAY DELAY

Sunrise Scavenger

Social

At Montclair School

Applications Available For Evan Dwyer Memorial Scholarship

The Montclair School PTO announces applications are available for a $300 book scholarship named in memory of former student Evan Dwyer.

Evan attended Montclair in kindergarten and first grade then lost his battle with leukemia on Feb. 13, 2004.

He adored butterflies and was able to catch them in his hands. He enjoyed spending time at Ellis Haven Campground in Plymouth. His favorite adventure story was "Peter Pan."

He was born in Quincy, where he lived all his life. He is survived by his parents, Michael J. Dwyer of the Quincy Fire Department and Gina (Zero) Dwyer; a brother, Joseph, and a sister, Kelsie.

"Evan Dwyer was one of the first friends I made at Montclair School," said Jillian O'Leary. "We were in the first grade and in the same class and I will always remember how nice he was to me. He was a quiet boy but all the kids semmed to ant to be his friend.

"I think that I am very lucky to have known Evan and to be able to say he was my friend," Jillian said. "I will always remember Evan and so will many other people who knew him and knew how strong and special he was."

The Montclair School PTO provides one $300 scholarship to help defray the high cost of books for Montclair School graduates as they continue their education after high school. As a community, the PTO values the importance of the high quality education Quincy children receive throughout their years in the Quincy Public School system and hope to encourage them to continue their education.

To qualify for the $300 Book Scholarship, the student must have attended a minimum of 3rd through 5th grade at Montclair School and be attending an accredited post-secondary university, college, or trade school.

Applicants must fill out the form (available at the school office or go online and download the application at www.montclairpto.com) completely and submit it to the office state at Montclair School no later than March 1 (or mail it to Montclair School PTO, Attn: Evan Dwyer Book Scholarship, 8 Belmont St., Quincy, MA 02171. Leave adequate time for mailing.

Applications must be received prior to the March 7th PTO meeting.

The recipient will be selected at random from a drawing of all applicants. Once selected, the recipient can submit up to $300 in book receipts for reimbursement.

Those who wish to donate to the scholarship can send donations to the Montclair School attention Evan Dwyer Scholarship Fund. Funds received will be granted to another qualifying applicant.

QUINCY HIGH SCHOOL'S Friends of Rachel Club held a collection drive for Project Smile. Project Smile is a non-profit organization which donates stuffed animals, coloring books/crayons and children's reading books for police officers, fire fighters and paramedics to give to children. The group was able to collect about 150 items. Photo above from left to right: Amy Trillcott, Braeden Johnson, Shelby Maze, Emma Nguyen, Josefine Marstjepovic and Paige Maze.

Photo Courtesy QHS

About My Wife, Abigail Adams Feb. 22

In honor of Presidents Day, John Adams (portrayed by George Baker) will be at the Kennedy Center on Wednesday, Feb. 22nd at 10 a.m.

John will talk with admiration, humor and affection about his wife, Abigail Adams, the First Modern American Woman and describes how Abigail defied the sexist conventions of her time, that married women could not own property, and with her amazing financial skills and insights made the Adams family prosperous. She helped found the new nation and raised their son, John Quincy Adams, to become president.

This program is full of details of Abigail's life which most people don't know. It is told from the perspective of a husband talking about his wife, and contains the story of their romance, challenges, trials and accomplishments which makes them sound like ordinary people living in extraordinary times.

To register for this event or for more information call the Kennedy Center at (617)376-1506.

Quincy Symphony Orchestra Concert Feb. 26

The Quincy Symphony Orchestra (QSO) under the direction of Music Director Yoichi Udagawa continues its season with a concert on Sunday, Feb. 26th at 2:30 p.m. at the Lloyd Hill Performing Arts Center, Quincy High School, 100 Coddington St.

The concert will feature SUK Fantastic Scherzo Op. 25, LIADOV Enchanted Lake Op 62, Smetana The Moldau, DEBUSSY Petite Suite L 65, and LISZT Les Preludes S 97.

Free parking is available on site. For more information, call 800-579-1618 or e-mail at: info@quincy-symphonyorchestra.org

Seven Quincy Students Inducted Into B.C. High National Honor Society

Seven students from Quincy were among the 157 students at Boston College High School recently inducted into the Robert J. Fulton, SJ chapter of the National Honor Society at the Hunter-Fahey Commons.

Local students inducted are:

Juniors Owen Carberry, Brendan Cole, Dattatreya Kalluri, John MacDonald, Diarrnuid McGonagle, Steven Ngo, and Andy Trebicka.

The National Honor Society Officers welcomed the guests and spoke about the pillars of excellence that guides the work of the Society: scholarship, character, leadership and service. New members received congratulations and certificates from Principal Stephen Hughes '73 and Assistant Principal Charles Drane. Earlier, the inductees received gold NHS pins that were worn on their jacket lapels during the ceremony.

NHS Moderator Patricia Keenan-Byrne welcomed the new members. NHS Officer Gerard Frasca of Melrose invited English teacher Tonya Winter to address the group. The topic of Ms. Winter's address was "Failure." She noted that many highly accomplished figures like Winston Churchill, Thomas Edison, and Dr. Seuss all experienced significant failures, but learned from their failures and persisted on. She encouraged students not to avoid risks of failure inherent in worthy pursuits."

Dr. Matthew Finnegan and the BC High Concert Band provided the music for the ceremony.

Health Screenings Feb. 28 At Quincy Sons Of Italy Hall

Lifeline Screening is offering health screenings Tuesday, Feb. 28 at the Quincy Sons of Italy Hall, 120 Quarry St., West Quincy.

Learn about risks for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions.

Screenings can check for:

- The level of plaque buildup in arteries, related to risk for heart disease, stroke and overall vascular health.
- HDL and LDL cholesterol levels.
- Diabetes risk.
- Bone density as a risk for possible osteoporosis.
- Kidney and thyroid functions, and more.

Screening packages start at $149, but consultants will work to create a package that is right for people based on age and risk factors.

The building is accessible for wheelchairs and free parking is available.

Pre-registration is required. Call 1-877-237-1287 or visit www.lifelinescreening.com.

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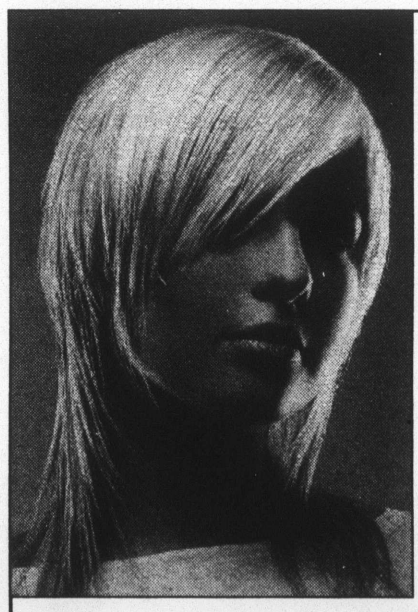
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WHAT'S COOKING
with
Marie & Susie
By MARIE D'OLIMPIO and SUSIE FALCO

Southwestern Lasagna

By MARIE

My niece Anita, who now lives in Arizona, sometimes sends me a new recipe that she has made.

When she told me that she has a Southwestern lasagna dish that was made with rice, my ears perked up because I am always looking for a different kind of recipe. This is one that she makes frequently because her husband, Harry, enjoys it so much.

A Little rice with a Southwestern spice!

SOUTHWESTERN LASAGNA

2 cups uncooked brown rice
1 pound of ground beef
1 package of taco seasoning
2 cups or 16 ounces sour cream
1 ¼ cup of salsa
1 cup shredded cheddar cheese
1 cup crushed tortilla chips

Preparation:

Heat oven to 350 degrees

Prepare rice according to package directions,

Brown the ground beef in a skillet and drain off if necessary. Add the taco seasoning.

In a medium bowl combine the sour cream and salsa and set aside. Coat a 13 x 9 baking dish with cooking spray. Place 3 cups of the rice in the baking dish.

Top with half of the sour cream mixture. Layer beef on top and then add the 1 and ½ half cups of cheese, layer the remaining rice and then smooth sour cream mixture over the top.

Cover with foil. Bake in oven for 15 minutes, remove the foil and sprinkle with remaining cheese and crushed chips, return to oven and bake additional 5 minutes or until cheese melts.

Spinach, Red Pepper, Basil And Feta Quiche With Sweet Potato Crust

By SUSIE

Quiches make a delicious meal, served with a salad, or a terrific breakfast re-heated the next morning.

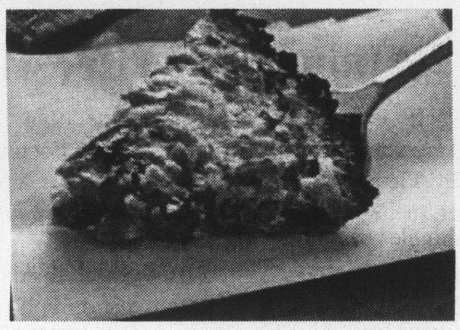
Quiches also are required food at brunches as well. You can make quiches every which way, and one way is to avoid a pastry crust, and use sweet potatoes instead. Yes, you can make a crust out of sliced sweet potato which add extra nutritional value and I bet you will even like this recipe better than the traditional quiche recipe.

Fun to make, and looks pretty too. The orange crust contrasts nicely with the colors in the quiche. Hope you love it is much as I do!

SPINACH, RED PEPPER, BASIL AND FETA QUICHE WITH SWEET POTATO CRUST

• 1½ pound sweet potato, peeled thinly sliced (I use a mandolin)
• 2 5 oz bags baby spinach
• ½ red pepper, diced
• Handful of fresh basil, chopped
• 4 cloves garlic, minced
• 1 onion, small diced
• 1/4 coconut milk (full fat from can)
• 2 tablespoons olive oil
• 1 cup sheep / goat milk feta
• 1 cup shredded raw cheese of choice
• 5 organic eggs
• 1 teaspoon sea salt

Preheat oven to 375°F.



Lightly coat a baking dish with olive oil. Layer on sweet potatoes, overlapping each other and building up. Do this to make a 1/2 inch crust. Be sure to also layer them along the sides, and cut sweet potatoes to fit as necessary. Using a brush, coat sweet potatoes with olive oil. Sprinkle with sea salt and pepper

Bake sweet potato crust in oven for about 10 minutes. Then set aside to cool.

Saute onions, red pepper, and garlic in olive oil, cook for about 5 minutes. Add in spinach and cook just until wilted.

Drain any liquid from spinach mixture. Then spread evenly onto sweet potato crust.

In a large bowl, beat eggs with milk, and then mix in raw cheese, salt and pepper. Evenly pour over spinach.

Top with fresh basil and feta cheese, and bake in oven for 30-35 minutes or until egg is cooked through.

Allow to cool for a few minutes, and then serve. Great served with a salad or soup!

BANK OF CANTON President and CEO Stephen P. Costello (second from left) was joined by Massachusetts State Rep. John H. Rogers (left), Carroll Advertising President and 2015 Business Person of the Year John Carroll (second from right), and Neponset Valley Chamber of Commerce President Tom O'Rourke (right) at the NVCC's Annual Awards Meeting Jan. 26th.

Photo courtesy of mckeephotography.com.

Stephen Costello Honored As '2016 Business Person Of The Year'

Bank of Canton President and CEO Stephen P. Costello has been named "2016 Business Person of the Year" by the Neponset Valley Chamber of Commerce.

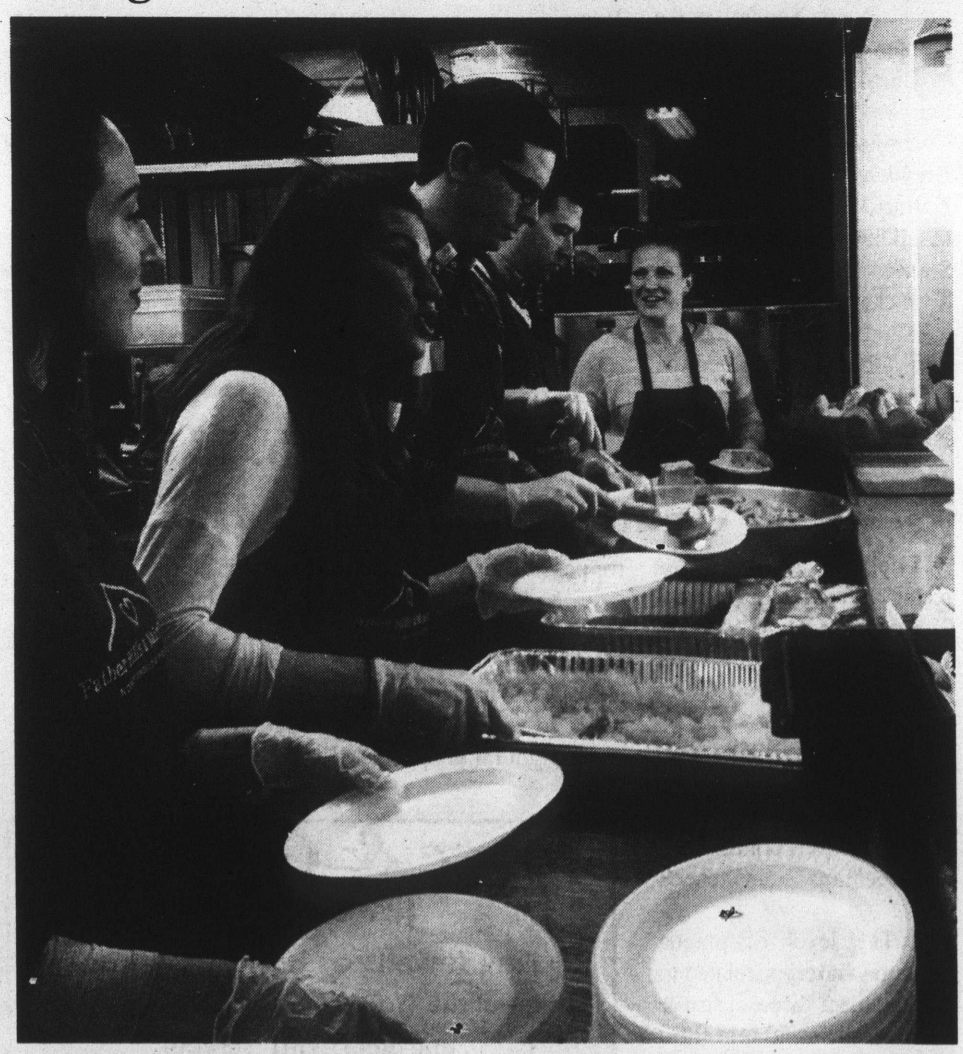
In his letter of congratulations to Costello, NVCC President Tom O'Rourke wrote, "This award is presented to an individual whose personal guidance and leadership have made a positive contribution to the Neponset Valley community."

The NVCC selection committee cited Mr. Costello's accomplishments chairing the Town of Norwood's Economic Development Committee, including his work with town officials, residents, and other Economic Development Committee members to bring Moderna Therapeutics' new $110 million, 200,000-square-foot biomanufacturing facility to Norwood. The state-of-the-art plant, scheduled to open in 2018, will employ more than 200 individuals.

The committee also recognized Costello's work in other local civic and nonprofit organizations, including his roles as chairman and board member of the Neponset Valley Chamber of Commerce, and treasurer of both the South Shore Chamber's Economic Development Committee and the Canton Association of Business and Industry.

"It's an honor to serve and support the businesses that are such an important part of our local economies," said Costello. "As a lifelong resident of the Neponset Valley myself, I believe that our tremendous quality of life here can be attributed to the strong relationship between our residents, businesses, and local government. When we pull for each other, we accomplish great things, and our communities prosper as a result."

Young Professionals Volunteer At Fr. Bill's

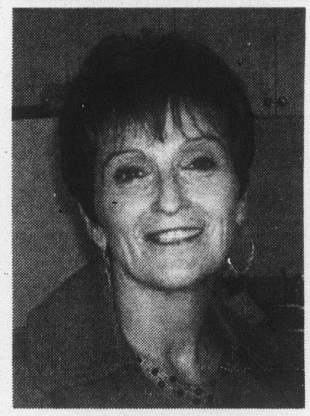


MEMBERS OF THE Quincy Young Professionals served lunch last Saturday at Father Bill's - the third year in a row they have volunteered at the homeless shelter. The group also made a donation. Shown in the photo at left are (from left to right) are: Quincy Young Professionals Sara Little, Lindsay Reilly, Mike Feenan, Brian Ferrara, and Brilene Faherty.

Photos Courtesy Ryan Barrett

Shingles: Signs, Complications, Treatments

A Message From The Quincy Health Department



RUTH JONES

By RUTH JONES BSN, RN, BC, CP-FS

Shingles is a viral infection that produces a painful rash. While shingles can occur anywhere on your body, it most frequently appears as a single band of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. After you've had chickenpox, the virus lies dormant in nerve tissue near your spinal cord and brain. Eventually, it may reactivate and travel along nerve pathways to your skin, generating shingles. Anyone who's had chickenpox may develop shingles.

The reason for the encore is uncertain.

The thought is it may be due to decreased immunity to infections as you age. Shingles is more common in older adults and in individuals who have weakened immune systems. While it usually isn't a life-threatening condition, shingles can be extremely painful.

The signs and symptoms of shingles usually affect only a small section of one side of your body. These signs and symptoms may include:

- Pain, burning, numbness or tingling
- Sensitivity to touch
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching

Some people also experience:

- Fever
- Headache
- Sensitivity to light
- Fatigue

Pain is usually the primary symptom of shingles. For some, it can be severe. Depending on the location of the pain, it can occasionally be mistaken for heart, lungs or kidney problems. Some people experience shingles pain and never develop the rash. Sometimes the shingles rash occurs around one eye or on one side of the neck or face.

Contact your doctor without delay if you suspect shingles, but especially in the following situations:

- The pain and rash occur near an eye. If left untreated, this infection can lead to permanent eye damage.
- You're 70 or older, because age significantly increases your risk of complications.
- You or someone in your family has a weakened immune system (due to cancer, medications or chronic illness).
- The rash is widespread and painful.

A person with shingles can pass the varicella-zoster virus to anyone who isn't immune to chickenpox. This typically occurs through direct contact with the open sores of the shingles rash. Once infected, the person will develop chickenpox, not shingles. Chickenpox can be serious for some groups of people. Until your shingles blisters scab over, you are considered contagious and should avoid physical contact with:

- Anyone who has a weak immune system
- Newborns
- Pregnant women

Circumstances that may escalate your risk of developing shingles include:

- Being older than 50. Shingles is most common in people older than 50. The risk increases with age. Some experts estimate that half the people 80 and older will have shingles.
- Having diseases that weaken your immune system, such as HIV/AIDS and cancer, can increase your risk of shingles.
- Undergoing cancer treatments (Radiation or chemotherapy) can lower your resistance to diseases and may trigger shingles.
- Drugs intended to prevent rejection of transplanted organs can increase your risk of shingles, as can prolonged use of steroids, such as prednisone.

Complications from shingles can include:

- For some people, shingles pain continues long after the blisters have cleared. This condition is known as postherpetic neuralgia, and it occurs when damaged nerve fibers send confused and exaggerated messages of pain from your skin to your brain.
- Shingles in or around an eye (ophthalmic shingles) can cause painful eye infections that may result in vision loss.
- Depending on which nerves are affected, shingles can cause an inflammation of the brain (encephalitis), facial paralysis, or hearing or balance problems.
- If shingles blisters aren't properly treated, bacterial skin infections may develop.

Shingles is commonly diagnosed based on the history of pain on one side of your body, along with the telltale rash and blisters. Your doctor may also obtain a tissue scraping or culture of the blisters for examination in the laboratory.

There's no cure for shingles, but swift treatment with prescription antiviral drugs can accelerate healing and reduce your risk of complications. These medications include:

- Acyclovir (Zovirax)
- Valacyclovir (Valtrex)
- Famciclovir (Famvir)

Shingles can cause severe pain, so your health care provider also may prescribe:

- Capsaicin cream
- Anticonvulsants, such as gabapentin (Neurontin)
- Tricyclic antidepressants, such as amitriptyline
- Numbing agents, such as lidocaine, delivered via a cream, gel, spray or skin patch
- Medications that contain narcotics, such as codeine
- An injection including corticosteroids and local anesthetics

As a rule, shingles generally lasts between two and six weeks. Most people get shingles only once, but it is feasible to develop it two or more times. Two vaccines may aid in preventing shingles — the chickenpox (varicella) vaccine and the shingles (varicella-zoster) vaccine.

The varicella vaccine (Varivax) has become a routine childhood immunization to prevent chickenpox. The vaccine is also recommended for some adults who've never had chickenpox. The vaccine doesn't assure you won't get chickenpox or shingles; however it can reduce your chances of complications and diminish the severity of the disease.

The Food and Drug Administration has approved the use of the varicella-zoster vaccine (Zostavax) to help prevent shingles. In the same way as the chickenpox vaccine, the shingles vaccine doesn't guarantee you won't get shingles; nonetheless the vaccine will likely reduce the course and severity of the disease and decrease your risk of postherpetic neuralgia. The shingles vaccine is recommended for adults age 60 and older, whether they've already had shingles or not. Although the vaccine is approved for people age 50 and older, the Centers for Disease Control and Prevention is not recommending it until you reach age 60.

The shingles vaccine is utilized only as a prevention strategy and is not meant to treat people who currently have the disease. Because the vaccine contains live virus, it should not be given to people who have weakened immune systems.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

U.S. Renal Care Relocates Dialysis Services To Marina Bay

U.S. Renal Care, a provider of dialysis services for patients suffering from chronic kidney failure, has relocated its Quincy dialysis clinic to Marina Bay, expanding services and upgrading patient accommodations.

U.S. Renal Care will host an Open House at the facility today (Thursday, Feb. 16) from 3 to 6 p.m. Guests will be able to tour the new facility, meet the expert staff and ask questions about the services offered.

U.S. Renal Care has a strong reputation for providing patients with quality care in a comfortable setting. The clinic, located a block away from the water, is designed with the patient's best interest in mind and features a number of amenities including chairs with heat and massage features, beautiful interior designs, ample parking and more.

In addition, home dialysis care will be available for patients in the Quincy area delivered by U.S. Renal Care's experienced caregivers. Unlike the old clinic, the facility will have a peritoneal dialysis department giving patients more options when it comes to receiving care.

Dr. Li-Li Hsiao, a 20-year veteran of the nephrology industry, will continue to serve as Medical Director at the new Marina Bay clinic. "Having access to quality health care, close to home is critical for dialysis patients, and I am glad that U.S. Renal's expert care is upgrading services for the greater Quincy community," said Dr. Hsiao. "I look forward to continue working with patients, alongside this clinic's dedicated and experienced staff, to improve their quality of life."

The relocated, standalone clinic is located at 500 Victory Rd. in Quincy. The previous location was at 1250 Hancock St., about 5 miles south of Marina Bay. U.S. Renal Care also has two other clinics in the greater Boston area, located in Weymouth and Foxborough.

The new facility will continue to work towards meeting the growing need for dialysis services in Quincy using state-of-the-art treatment options and U.S. Renal Care's expert staff, consisting of nephrologists, nurses and administrators.

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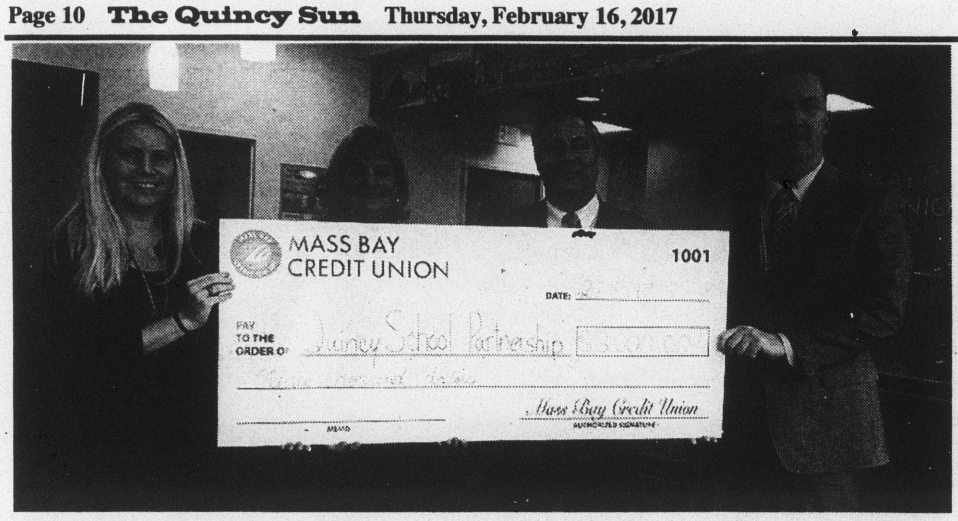

THE QUINCY SCHOOL ~ Community Partnership announces its newest Partnership Pathways Gold Level Sponsor, Mass Bay Credit Union. Gold Level Sponsors directly support Quincy Public Schools teachers, students and their classrooms in ways which otherwise might not be possible. Financial contributions provide funding for such things as additional creative and innovative programming, hands on materials and supplies, teacher mini-grants, and the expansion of classroom libraries. The Quincy ~ School Community Partnership is grateful for the dedication and support from their many community business partners. Shown here from left are Maren Bradley, assistant vice president of marketing and development; Janice Erler, coordinator of the Quincy ~ School Community Partnership; Quincy School Supt. Dr. Richard DeCristofaro; and Keith Segalla, director of Career and Technical Education.

Photo Courtesy Quincy Public Schools

Sports & More Parents Night Out

The Quincy Recreation Department will offer three "Sports & More - Parents Night Out" programs during February school vacation, announces Recreation Director Barry Welch.

The program for boys and girls in grade three through grade eight will be held on Wednesday, Feb. 22nd, Thursday, Feb. 23rd, and Friday, Feb. 24th from 5:30 to 8:30 p.m. in the Central Middle School Gym.

The cost of the program is $5 per session.

The Sports & More - Parents Night Out Program provides traditional activities under supervision that will include group games and organized play like dodge ball, "Minute to Win It" contest, arts and crafts, sports and more. The recreational experience will be planned and informal; spontaneous, and organized with plenty of fun. Supervision will be provided by members of the Quincy Recreation Department staff.

This Sports & More - Parents Night Out Program is scheduled at a point in the vacation week that parents are ready for a special event for their kids and some time for themselves.

Enrollment will be limited, and a minimum number will be needed for proper group activities.

Registration is ongoing and can be done online at www.QuincyRec.com or in person at One Merrymount Parkway from 9 a.m to 4 p.m. For additional information, call 617-376-1394 or visit www.QuincyRec.com.

City of Quincy

2017 DOG LICENSE REMINDER

Starting March 1, the Quincy City Clerk's Office will be accepting 2017 dog license renewal forms.

The fee for all Dog Licenses is $10.00. Any Dog License renewed after May 5th, 2017 will be charged a $10.00 late fee. Please bring proof of current Rabies shot or call the City Clerk's office to verify expiration date of the rabies shot.

LICENSES MAY BE RENEWED BY MAIL. Please make check payable to: CITY OF QUINCY and mail to:

Quincy City Clerk
1305 Hancock St.
Quincy, MA 20169

If you no longer have your dog, or have moved out of Quincy: Call the City Clerk's Office at 617-376-1135 or 617-376-1136 so the office may update its records.

RABIES CLINIC 10 AM - 1 PM
Saturday, April 8, 2017: * $20.00 *****
Quincy Animal Shelter
56 Broad Street
Bring in proof of last rabies shot!

NICOLE CRISPO
CITY CLERK

Schools Ramp Up STEM

By TOM GORMAN

School officials are ramping up the district's STEM (Science, Technology, Engineering, Mathematics) program.

During the Jan. 25 school committee meeting, Curriculum Director Madeline Roy was joined by several staff members in presenting an overview of the program, highlighted some innovative instructional practices by teachers and introduced some new initiatives that are being implemented.

Roy explained that the STEM program allows a deeper and higher level of thinking where students can write about what they learn, build and design models to demonstrate how much they learn and make presentations. She said the STEM program, based on the latest state frameworks, connects middle school and high school coursework in various content areas.

"It's a wealth of skills that will translate beyond the school and into college and into a career," said Roy.

Career and Technical Education Executive Director Keith Segalla explained a plan to expand the "Project Lead the Way" engineering program at North Quincy High School, based on its success at Quincy High School.

Paul Tully, Quincy High technology/engineering teacher, said students who take the program can earn college credit at Rochester Institute and affiliated institutions in the country.

"Project Lead the Way is a federal funded initiative for learning engineering skills and the effort to increase student success at the college level," he said.

Atlantic Middle School science teacher Christopher Ranft outlined the "Science Inquiry in Action" program. By using technology and math, this program involves students solving problems through teamwork and creative thinking.

Ranft said that students designed and built energy transformers using math, engineering and technology skills. Elastic bands were compressed then released to measure how fast and high they would travel. Slow motion cameras were used to record the flights of the bands.

"The students are learning the basic concepts of the law of conservation of energy," he said. "It's a great example of how STEM is being used in the science classroom."

Ranft also said that middle school and high school students will soon be able to choose any STEM teacher as a mentor for their STEM project. He explained that projects will be involving math, technology and engineering instead of just one discipline.

Technology/engineering teacher Hallie Yohe said that her program includes computer-aided design of bridges, structures and balloon-powered race cars.

Sterling Middle School math teacher Evan Pepe outlined an example of how technology is being integrated in math. He explained that he and a technology teacher collaborated and came up with a project idea where students designed a blade that would produce energy at various levels. Students used engineering and technology to design the blade and used math to measure and graph the wind speeds and relationships of energy produced.

"This is so authentically STEM," he said. "This brings other content areas in like ELA (English Language Arts). Kids struggle with different formats of writing, like scientific writing."

Quincy High School technology engineering teacher Paul Tully noted that seniors may earn a certificate of occupational proficiency by completing a capstone project in engineering design and development.

During her presentation, library media specialist Anna Jorgensen explained that students are being prepared for the new MCAS 2.0 exam that will be administered this spring. The new test replaces the original MCAS exam and is to be taken online initially by fourth and eighth graders. In the next few years, all students will take the exam online.

Jorgensen said that three distinctive programs are being offered in computer, math and English language arts specifically designed to help students with the new online MCAS test.

She also said students are being taught about proper fact finding in this age of "false news." Jorgensen said that many students get their news from social media.

"We're helping students develop their creative thinking to help them realize that they in fact are in ownership of how they find their news and how they can verify what they are interacting with," she said.

Roy credited teachers with keeping up with the evolving STEM curriculum.

"STEM is a rapidly, changing and advancing field I'm amazed at how the teachers work so hard to catch up and provide our students with some very exciting lessons."

Committee member Emily Lebo and Supt. Dr. Richard DeCristofaro thanked the teachers for their collaboration and innovation in expanding the STEM program.

Fatal Fire

Cont'd From Page 1

with Michael Powers – they were two years apart – and also knows many of his family members who also reside in Houghs Neck. Thelma Powers, she said, was part of the Timcoe family, which has long been active in the neighborhood.

"Houghs Neck may be a small neighborhood but for many it is a large family," Laforest said. "My thoughts and prayers are with the Powers and Timcoe families."

"I knew Michael from high school and from living in the neighborhood, and I know his extended family," she added. "The Timcoe family has always been active in the community.

"We appreciate the outpouring of love and support. The family wants to thank Quincy police and Quincy fire for their responses."

Laforest has started a fund to benefit the Powers family. Checks can be

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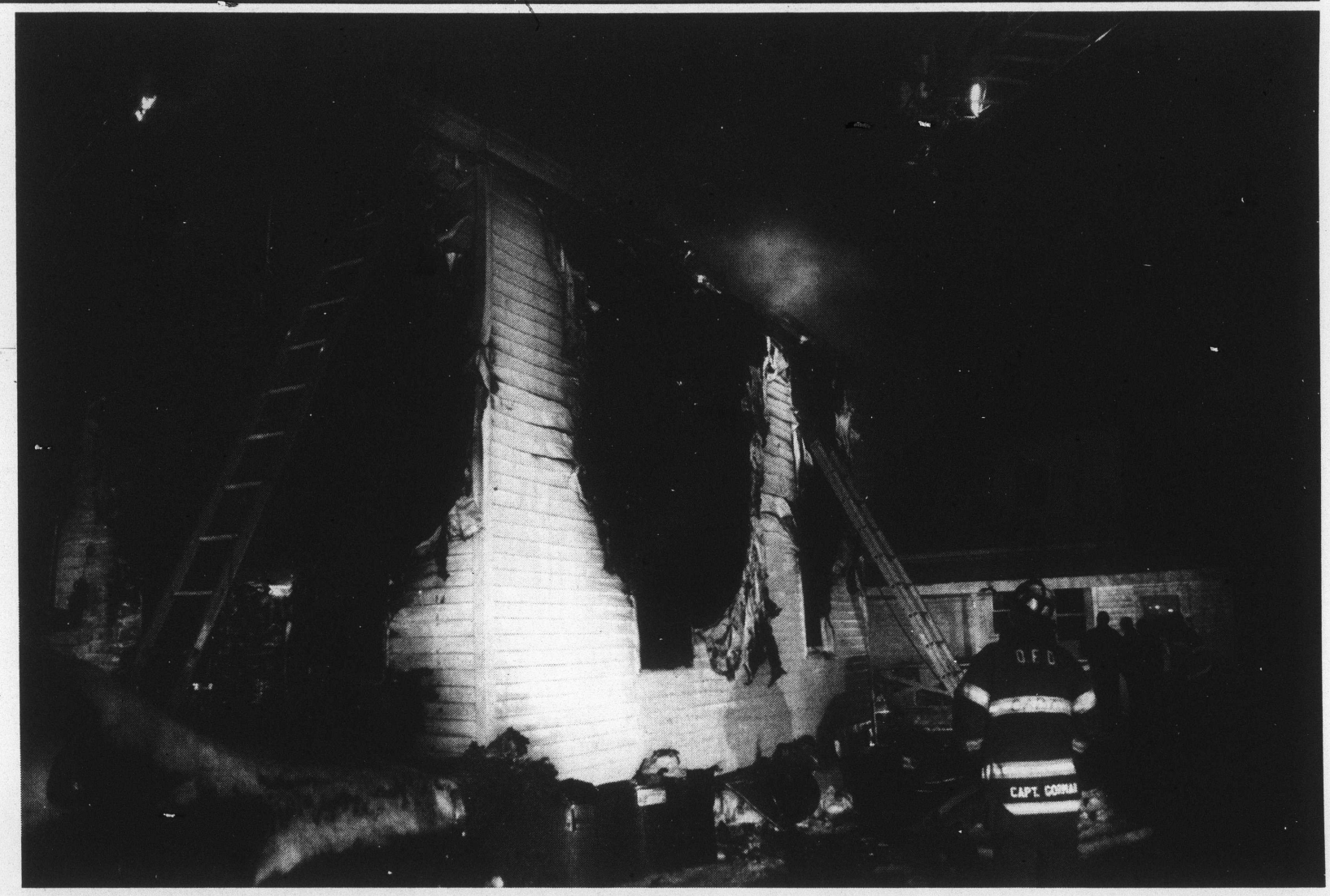

FATAL FIRE at 13 Bell St., Houghs Neck broke out around 1:30 a.m. Sunday morning. A fund has been established to help the Powers Family of Houghs Neck. The fire claimed the lives of 67-year-old Thelma Powers and her 19-year-old grandson, William Powers. To help the family, checks can be made payable to the Powers Family Fund, care of NorthEast Community Bank, 281 Quincy Ave., Quincy, MA 02169. Contributions will be used to pay funeral expenses and to help support Michael Powers who lost his mother and his son in the fire.

Photo Courtesy Quincy Fire Department

Red Cross To Install Smoke Alarms, Teach Fire Safety Following Fatal Fire

Cont'd From Page 1

In October 2014, the American Red Cross launched a nationwide campaign to reduce the number of home fire deaths and injuries by 25 percent. On average, seven times a day someone in this country dies in a home fire, and another 36 people suffer injuries.

The Red Cross is joining with thousands of local fire departments and community groups to install 2.5 million free smoke alarms in neighborhoods at high risk for home fires, and to educate people about home fire prevention and preparedness.

SIMPLE STEPS TO SAVE LIVES

There are several things people can do to protect themselves and their loved ones from home fires. They include:

• Installing smoke alarms on every level of the home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year, if your model requires it.

• Developing a home fire escape plan with all members of the household and practice it several times a year, at different times of the day.

• Include two ways to get out of every room and consider escape ladders for sleeping areas or homes on the second floor or above.

• Pick a place outside for everyone to meet and make sure everyone knows where it is.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.

The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.

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MSIC

Cont'd From Page 1

of the annex on the Oliver Street side.

The sections of the roof to be replaced are from the late 1970s when those portions of the school were built. Hines said there had been a leak in the roof that was since patched, but those sections remain problematic.

"It's a sinking ship," he stated. "There is significant water damage throughout these areas and it is ongoing."

The boilers at the Parker School were installed in 1993 and '94.

"They're not quite that old but they do have leaking oil sections, the valves have failed, control problems," Hines said.

The MSBA will visit both schools in the coming months to see first hand the items to be replaced, Hines said. The state agency will then work on the city on plans to replace both projects, including reimbursement.

Hines said work on both projects would likely be undertaken in 2018. There is no cost estimate for either project. The council would have to approve financing for both the roof and boiler work before they could begin.

The council approved both statements of interest in 6-0 votes. Councillors Brad Croall, William Harris and Margaret Laforest were not present for the votes on those two items.

Councillor Noel DiBona said he was happy to support the replacement of North Quincy High School's roof.

"It's something we very much need because Quincy High School on the other side of the facility is obviously a new facility…I think the balance of getting North Quincy upgraded would be great," he said. "It will be really nice for the North Quincy side."

"As a resident of North Quincy I am very excited about adding a school roof," added Councillor Nina Liang.

In other business, the council in a 6-0 vote confirmed the re-appointment of Michael Flaherty to the Quincy Housing Authority's board of commissioners.

Flaherty is currently the executive of the Weymouth Housing Authority. He previously worked for housing authorities in Boston and Somerville.

Flaherty was first appointed to the QHA board in September 2014. His new appointment is to a five-year term ending in February 2022.

Additionally, the council appropriated $60,000 in free cash to the Health Department for pest control, particularly rats.

Health Commissioner Drew Scheele said the department has used the $20,000 set aside in the current fiscal year's budget for pest control. The department has inspected 300 to 400 properties for rats and other rodents this fiscal year, and companies contracted by the city have set bait at about 150 at them.

The $60,000 appropriation is expected to last the remainder of this fiscal year, which ends June 30, Scheele said. The council approved the appropriation in an 8-0 vote, with Harris absent.

A request to appropriate $159,500 from free cash to the Quincy Fire Department was referred to the finance committee. The money would cover the cost of protective gear for up to 28 new firefighters the department plans to hire in the coming months.

School Roof, Boiler Work

Bridge St. Proposal, 3 Others Approved

Cont'd From Page 4

"It's been a pleasure working with all of you for the last three and a half years. I'll just say I'm excited about the vision and the future for the city of Quincy. It's been exciting being a part of that," Comiso said.

"I have appreciated that opportunity, so it is with mixed feelings to step down because I see a lot of exciting things happening here in the city, but at the same time, as I think all of you know, in terms of my commitments with family, with work, with church, it really was the right time for me to step down."

James Fatseas, the director of the Planning Department, thanked Comiso for his service.

"The mayor has asked me to share again his congratulations. He feels that if there are any reasons that someone should step off the board, family, work and church are very much the holy trinity. He also suggested to me to make sure that I don't lose your phone number," Fatseas said.

"Your insight has been very helpful to me as well. There are moments here when I just get to sit back and listen to some of the thoughtful comments and questions you've shared not just with the board but with the public and with the department."

Fund Established To Help Houghs Neck Family

Cont'd From Page 11

made payable to the Powers Family Fund, care of North-East Community Bank, 281 Quincy Ave., Quincy, MA 02169. Laforest said the fund would be used to pay funeral expenses and help support Michael Powers.

"We are putting it together now while we figure out what the family needs," she said.

Michael Powers' boss, Jacqueline Wuestefelf, set up an online fundraiser to benefit the family at gofundme.com/powers-fire-fund. More $27,000 in donations had been made to the site as of 3 p.m. Tuesday, just $3,000 short of the fund's $30,000 goal.

"Although his physical injuries will heal, his emotional ones will take time," Wuestefelf wrote of Michael in the GoFundMe page. "The death of any family member is devastating, never mind two family members at the same time in such a horrific way.

"Mike lost everything – clothes, shoes, wallet with his ID, and all of his family's possessions. We're establishing this fundraiser to help Mike get back on his feet."

"Mike is not one to ask for help, but please if you can contribute to this cause it would be appreciated and if you are unable to contribute at this time, please keep Mike and his family in your thoughts and prayers," she added.

Firefighters were called to the house at 13 Bell St. around 1:30 a.m. Sunday after a neighbor saw the wooden home on fire, and were on scene in two minutes, Fire Chief Joseph Barron said. The fire, however, had already spread throughout the home by the time first responders arrived.

The firefighters on scene spoke to Michael Powers, who alerted them two people were still inside. Firefighters attempted to enter the house, but the blaze was too intense and they instead attacked it from the exterior.

"It progressed extremely quickly," Barron said Tuesday. "The companies arriving first on scene made every effort to make a rescue, but it wasn't possible."

The fire, which reached two alarms, was extinguished in less than an hour and it did not spread to any surrounding homes. Firefighters remained on scene throughout the early morning to knock down hot spots.

The fire remained under investigation as of Tuesday afternoon, Barron said, but it was not intentionally set. A State Police dog searched the property for accelerants and found none. The chief said the exact cause of the fire might never be known because of the extent of the damage, but he believes a pure oxygen tank likely helped the flames spread so quickly.

"I am quite confident it was accidental and there was an ignition source that came in contact with the pure oxygen tank." he said.

Because of the damage caused by the fire, Barron said investigators were unable to determine whether or not smoke detectors were inside the home. The chief said he spoke to the house's owner, who said hard-wired smoke detectors – which are more reliable than battery-powered ones – were installed in the house, and that the house had been independently inspected this summer.

"I am confident there were smoke detectors on the property," Barron said. "It also fits in with the scenario that would give you that rapid fire growth."

Helen Herrera said she was sitting on the couch in her mother's house on Bell Street when she heard someone yelling for help and then looked out the window and saw the fire. Herrera ran upstairs and told her mother, Miriam Valenzuela, to call 9-1-1 and then ran over to the house.

Herrera said she saw Michael Powers outside the home, who told her his mother and son were inside. She tried to get in through the house's backdoor, but couldn't because it was locked, then tried to break in through the glass but couldn't. Herrera then went to the front of the house and opened the front door, but could not get in because there was too much fire blocking her way. Her mother also tried to get into the backdoor, striking it with a chair, but couldn't get inside.

"It was a very sad experience. I've never experienced anything like that in my life," Herrera said. "We tried saving them but we couldn't do anything."

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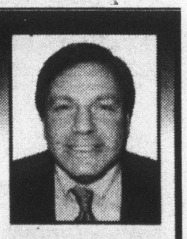


IN-OFFICE TOOTH WHITENING

If you are wondering whether professional in-office tooth whitening offers any advantages over the tooth-whitening available in a pharmacy, you can begin with efficacy. While tooth-whitening systems developed for home treatment are restricted to using low-dose whitening agents, in-office whitening procedures are conducted under the careful supervision of dental professionals, who use high-concentration whitening gels to "power whiten" teeth in a single session. During this time, the dentist will either apply a protective gel to your gums or a rubber shield that protects your gums from irritation. At the same time, a special light or laser might be used to enhance the action of the whitening agent. No other tooth-whitening method is as quick or effective.

Your smile is important. It's one of the first things you notice when you meet someone. A whiter, brighter smile with beautiful teeth can help you feel better about yourself and make a memorable impression. Whitening needs to be repeated from time to time if you want to maintain the brighter color. To schedule a consultation, please call our office. Visit us on the web at www.quincydentist.com.

P.S. In-office tooth-whitening procedures offer the best whitening gels and techniques for avoiding tooth-sensitivity issues.

LAST THURSDAY'S snowstorm snapped off a very large limb from a maple tree on Summit Avenue in Wollaston. The limb landed on a small automobile parked on the side of the road. More than a foot of snow fell during the Feb. 9th snowstorm. A second smaller storm this past weekend dropped another several inches of snow on the city. *Photo Courtesy Mike Greene*

Keenan Highlights Senate Priority Bills

Cont'd From Page 3

specific challenges we have yet to address."

Keenan's top priority bill is one which would guarantee up to 30 days of insurance coverage for addiction treatment programs. While private health insurers today cover only emergency, detoxification, and crisis programs, this bill would require them to provide coverage for a transition into long-term recovery.

"The bill passed the Senate last session," said Keenan, "and we are committed to overcoming the opposition of health insurance companies and moving it through the House of Representatives to the Governor's desk." The bill has already garnered 87 cosponsors.

Other bills would clarify Narcan dispensing procedures so that consumers are not made to pay out-of-pocket for this overdose reversal product; establish penalties for trafficking in fentanyl, a high potency synthetic opioid, that would match the heroin trafficking law (current penalties for fentanyl trafficking are less severe than for trafficking in heroin, despite fentanyl being a significantly more lethal substance); and establish non-opioid and non-pharmaceutical pain management services as a requirement for insurance carriers to receive state accreditation for their products.

Human Services in the Community

Keenan pointed out that with the closure of Quincy Medical Center at the end of 2014, Quincy has seen a realignment of health care resources, with more of a focus on community health centers and other community-based human services – organizations that provide essential care sometimes more effectively and at a lower cost than major hospitals.

Keenan has filed several bills to support and increase community-based health and human service. One bill would help alleviate one of the most burdensome costs on community health providers – the costs of providing health insurance to their own employees.

The bill proposes to bring state-contracted human service providers into the Group Insurance Commission, the insurance carrier that currently serves state employees. Joining a larger risk pool, and accessing greater purchasing power, would help community providers secure better rates, leaving a greater portion of their budgets for employee training, retention, and direct patient services.

Another bill would create a nurse practitioner residency program for community health centers, giving these centers a better ability to attract and retain high-quality primary care providers. Residency programs of this kind – already in place through a small pilot program in some locations – would also provide new pathways for training recently licensed practitioners, shifting away from a reliance on high-cost teaching hospitals for this purpose.

Transportation Quality

As the recovery and repair of aging public transit infrastructure continues, Senator Keenan is working closely with colleagues and with the Baker-Polito administration on Red Line projects and transportation quality across the state. Keenan stresses that while much of this work will be done through existing commissions and the capital budget planning process, there is a need to ensure that this results in improved quality, not just in cost-cutting.

In collaboration with MBTA employees, Keenan filed a bill that would establish an expert panel to review whether the MBTA retirement fund should be combined with the larger Massachusetts public employee retirement fund.

"This change could bring stronger returns, predictability, and stability to both retirement funds," said Keenan, "but a change of this size should not occur without expert input from all stakeholders." He also cosponsored bills that would require greater reporting and accounting of maintenance backlogs throughout the MBTA system, and that would strengthen reporting requirements about any services that are privatized.

"Both are important to understanding our long term budget and capital needs," Keenan said, "and to ensuring that we do not sacrifice long-term quality for short-term cost cutting measures."

Another bill Keenan filed would bring equity to commuter tax benefits. Federal and state laws grant tax credits to individuals based on the costs of commuting to work, but the benefits offered to those who use public transportation such as commuter rail, the Red Line and buses lag behind the credits available to those who drive and park their cars. "The bill would update the state tax code so that we are encouraging ridership and investment in public transit."

"With regularly scheduled office hours in the community, through social media, our website, local newspapers and through local cable access, we will continue to keep constituents updated regarding the progress of these bills, and the legislative session in general," said Keenan. "I encourage anybody who has any questions about them or state government in general, to call the office at (617) 722-1494."

Senator Keenan can also be contacted through:

Email: John.Keenan@MASenate.gov

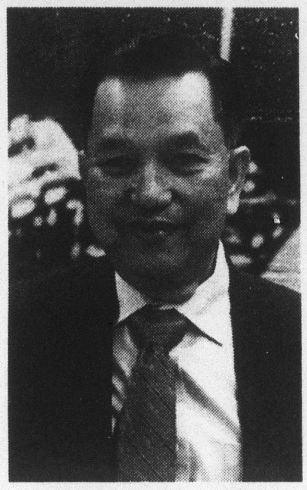
Website: www.Senator-JohnKeenan.com

Twitter: @SenJohnF-Keenan

Facebook: www.facebook.com/senjohnfkeenan

OBITUARY

Albino C. 'Alvin' DeVera, 68



ALBINO C. DeVERA

A Mass of Christian Burial for Albino C. "Alvin" DeVera, 68, of Quincy, will be celebrated today (Thursday) at 10 a.m. in St. Joseph's Church, Quincy.

Mr. DeVera, a respected authority in the areas of finance and investment forecasting, died Feb. 9, following a short illness.

Born and raised in the Philippines, he was a son of Pastor C. DeVera of San Francisco and the late Felisa (DeGuzman) DeVera. Alvin came to the US in 1976, living first in San Francisco and Texas before finally settling in Quincy in 1986. His formal training as a CPA in both the Philippines and the US was just a stepping stone, as he would gain his MBA from Harvard University in 2012 and immediately upon graduation was offered a position teaching finance courses with the Ivy League institution. He concurrently taught part time while maintaining his full time obligations to the Commonwealth of MA Treasury Dept, where he has worked since 2002, and currently served as Federal Funds Coordinator, Cash Management.

Mr. DeVera was an active member of St. Joseph's Parish in Quincy, and in his earlier years was a member of the Jaycees. He enjoyed reading and collecting books, and will be lovingly remembered and missed.

He was the devoted husband of 33 years to Rowena L. (Las) DeVera.

Loving father of Ronald L. DeVera and his wife Carina of San Francisco and Monica Anne L. DeVera of Quincy. Dear brother of Wilfredo DeVera and his wife Chita of London England, Leticia Rasdas and her husband Jun of San Francisco, Elisa Arenas and her husband Romulo of San Francisco, the late Calixto DeVera and the late Jaime DeVera. Also survived by many nieces, nephews, dear friends, colleagues and extended family.

Visiting hours were Wednesday from 5 to 8 p.m. at the Hamel, Wickens and Troupe Funeral Home, 26 Adams St., Quincy.

Interment will be in Pine Hill Cemetery, Quincy.

Memorial donations may be made to St. Joseph's Parish, 550 Washington St., Quincy MA 02169

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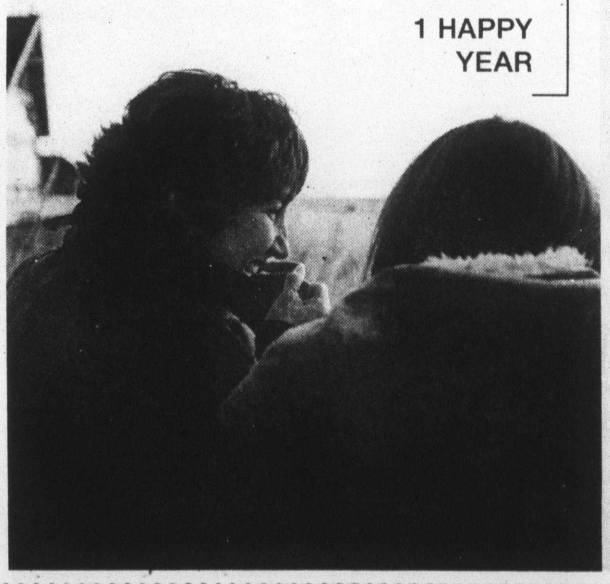

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A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Thursday, Feb. 2, at approximately 7:30 a.m., Officer Sean McCormack was on patrol driving northbound on Quarry Street when he observed a vehicle take a right turn onto Joyce Road, which is posted, "Do Not Enter" from 7 a.m. to 9 a.m. The officer initiated a stop of the vehicle at the intersection of Connell Street and Shirley Street.

The driver gave the officer his license, which was from the United States Virgin Islands. The driver confirmed the name on the license but could not find the registration. When told of the violation, the driver said he was just giving his son a ride to school and that his son instructed him to turn onto Joyce Road. When asked if he saw the sign, the driver did not reply.

Officer McCormack returned to his cruiser to issue a citation. Upon closer inspection of the driver's license, he noticed several indications of possible false identification. Unfamiliar with the appearance of a Virgin Island driving license, the officer entered the information into the computer but was unable to verify the driving license. The officer returned the license and asked the driver if he had a Massachusetts driver's license or a driver's license from any other state in the country and he said no.

The driver was issued a citation for a Wrong Way violation and for not having his registration in possession. The driver was then released.

Later on, Officer McCormack followed up on the authenticity of the driver's license because of the uneven lamination of the license; that the lamination did not fully cover the license and the hologram logo appeared not to be official. The hologram stated

"Seal of Authenticity – Genuine," which depicted a badge with a 5 point star within it.

The officer contacted the United States Virgin Island Bureau of Motor Vehicle (BMV) and spoke with an agent who was able to verify that the license the driver provided was not an official USVI license. The agent searched the name and date of birth on the license and confirmed that no one with the name provided had a driver's license in St. Thomas or St. Croix.

On Feb. 3, at approximately 7:26 a.m., Officer McCormack spotted the same driver in the same vehicle on Adams Street near Hilda Street. Based on probable cause that the driver was unlicensed while operating the motor vehicle, the Officer pulled him over again. The driver provided the same USVI driving license from the previous stop. The driver was advised that he was under arrest for operating a motor vehicle without a valid license and possession of a fake license. He was asked if there was someone who could take control of the vehicle and he said that the vehicle's registered owner was on her way.

LT. DAN MINTON

When asked if he had any other identification, the driver said no and that his passport was at his mother's house in New York City. During the stop, K-9 Officer Dan Parisi (K-9) arrived on scene and assisted. Once the registered owner arrived on scene, she was asked how she knew the driver and she said that he is the father of her son. When asked if she knew him by any other names, she said no. She did offer that the driver has a business in St. Thomas and flies back and forth often. The owner took possession of the motor vehicle and the driver was transported to the station for booking.

At the station, Officer McCormack further questioned the driver, who said he was born in St. Thomas. He provided a Social Security number; however, the number was sequenced to be issued to a person born in the state of Massachusetts. When asked for the color scheme on the flag of his country, the driver did not respond. When asked what the logo was on the flag of USVI, the driver said there were two birds; however, there is only one bird.

During the booking process, the driver's finger prints were scanned and sent to the FBI for verification. The results showed a person with a completely different name and date of birth. At the time of booking, the driver had in his possession a Mass Health card under his name along with a Tufts Health Plan card under the same name. Both medical cards were obtained using a false identity. At the time of the officer's report, positive identification could not be established, so outside agencies were contacted to assist.

The driver, possibly a 55 year-old Dorchester resident, was charged with, restricted way violation, registration not in possession, unlicensed operation, counterfeit license and providing a false name/SSN to police after an arrest.

An alias which the driver has used in the past has a Default Warrant out of West Roxbury District Court for larceny over $250 by obtaining and receiving medical service under a false pretense.

Nice Work!

❑

Amazon Scam: Forbes magazine recently presented an article regarding a scam to watch out for when making a purchase from Amazon. They state that a new seller opens an account and begins offering popular items for sale. These items can easily be selected by using Amazon's streamlined seller's platform. They usually list the price of the item cheaper than what other vendors are selling them for. When the order is placed, the seller will confirm that the items have left the seller's facility and are in transit to the carrier, which releases the payment to their account. The problem is that no item has been shipped and it is believed that the seller never even had possession of the item to sell. Due to Amazon's system of a two week payment cycle before negative feedback and customer complaints inevitably begin coming in, the seller needs to stall. The seller will now claim that that the items will not arrive for three to four weeks from the purchase date, which enables them to get paid long before customers question where their purchase is. Amazon will remove the seller from their website when numerous complaints from customers are registered but by then it is too late. It is not unusual for the seller to open up a new account and continue the revolving process of scamming people out of their money. Operating under an alias, the scammer makes money and the buyer does not get the item he/she paid for. Amazon's standing policy on these scams is that they are a user-regulating marketplace: they will take action when complaints grow, but by this time damage has already been inflicted. When questioned by Forbes magazine, Amazon's media relations said, "We take swift action if we detect such actions from any source. We encourage any customer not fully satisfied with their order to file an A-to-z claim or contact customer service."

Excerpts from Forbes magazine January 2, 2017

http://www.forbes.com/sites/wadeshepard/2017/01/02/amazon-scams-on-the-rise-in-2017-as-fraudulent-sellers-run-amok-and-profit-big/#1aed70d81eeb

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Feb. 3 – 10
ARRESTS: 29
TOTAL CALLS: 949
STOLEN MOTOR VEHICLES: None

FRIDAY, FEB. 3

BREAKING AND ENTERING, 1:52 a.m., Willow Ave. Father came home around 10 p.m. and noticed someone may have broken into home. Believes they got in through an open window in rear. There is a footprint on chair next to window. Cash taken from bedroom.

SATURDAY, FEB. 4

ASSAULT AND BATTERY, 12:09 a.m., Lebanon St. Daughter was just jumped by another female. Hispanic female with brown hair just past shoulders. Approximately 140 pounds. Wearing a black jack with fur on hood and pajama pants. Just left heading onto Washington Street and took a right. Driving a black BMW with unknown plate. Caller believes it might be a rental.

VANDALISM/PROPERTY, 11:11 a.m., Kidder St. Believes neighbor hit AC unit. Advised. No suspect info.

LARCENY, 12:26 p.m., Presidents Ln. Claims brother stole wallet and using credit cards.

VANDALISM/PROPERTY, 2:14 p.m., 1620 Hancock St.

VANDALISM/PROPERTY, 10:42 p.m., 522 Hancock St. Tires slashed on three vehicles in the lot.

MONDAY, FEB. 6

BREAKING AND ENTERING, 10:38 p.m., 530 Willard St. Dwelling.

TUESDAY, FEB. 7

VANDALISM/PROPERTY, 7:10 a.m., Safford St. Pickles placed on caller's windshield.

LARCENY, 7:38 a.m., JZ Kitchen Cabinetry, 350 Washington St.

LARCENY, 4:48 p.m., Hudson St. Someone broke into caller's mailbox and the neighbor's also.

ARMED ROBBERY, 5:31 p.m., Quadrant Cir. Grey Toyota. Two black males pulled a gun and robbed the caller. Craigslist exchange gone bad.

WEDNESDAY, FEB. 8

BREAKING AND ENTERING, 7:39 a.m., 195 Burgin Pkwy. Caller believes someone came into her home. Thinks person came in from window. Party does not believe anything is missing and does not know who would be in her apartment.

ASSAULT AND BATTERY, 8:57 a.m., 100 Coddington St.

BREAKING AND ENTERING, 11:28 a.m., Oakland Ave. Caller states his sister entered the house sometime yesterday and noticed it seemed like things were out of place inside house.

BREAKING AND ENTERING, 10:07 p.m., Safford St. Just arrive home. Apartment broken into, as well as two others.

THURSDAY, FEB. 9

ATTEMPTED LARCENY, 4:22 p.m., Newbury Ave. Caller said she is being blackmailed over two photos and a video of her husband.

LARCENY, 6:34 p.m., Canton Rd. Stolen Tuesday, Feb. 7.

VANDALISM/PROPERTY, 11:44 p.m., Southside Tavern, 73 Liberty St. Customer broke bathroom mirrors. Left in white GMC SUV saying he was going to get a gun and come back. Suspect identified. Complaint submitted.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: None.

❑

CAR BREAKS: Spear Street, Manet Ave.

❑

BREAKS AND ATTEMPTED BREAKS: 530 Willard St., 195 Burgin Pkwy., Oakland Ave., Safford Street, Willow Ave.

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug Hot-Line at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

QUINCY ANIMAL SHELTER

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Charlie: 4, male, Rottie mix

AVAILABLE CATS

CC: 7, female, calico
Laura: 3, female, black
Midnight: 13, male, black
Zoey: 12, female, tabby
Chuck: 4, male, orange
Marvin Gold: 5, male, black
Menorah: 4, male, black & white
Nike: 6, female, black

South Shore YMCA Opens 1955 Time Capsule

Institution Celebrating 125th Year

SOUTH SHORE YMCA recently opened a time capsule that had been sealed in the cornerstone of the old building in 1955. That cornerstone was incorporated into the Y's new building that opened in 2013. Some of the contents of the capsule appear above on the front counter of The Quincy Sun. John Galluzzo, the South Shore YMCA's development writer, holds a newspaper from 1904 that was among the artifacts in the capsule. Other items included pictures of the 1904 building, coins and stamps from 1954 and Y pamphlets and booklets.

Quincy Sun Photo/ Robert Bosworth

By JOHN GALLUZZO
Development Writer
South Shore YMCA

The fundraising process to build the 1955 Quincy Y building on Coddington Street took a long time. How long, though, modern day Y employees had no idea until late January, when they opened the time capsule recovered from the building's cornerstone.

The history of the Y in Quincy is a long one. Officially, it's 125 years long as of this past Jan. 4, but the fact is that a meeting took place the month prior to the 1892 signing of the articles of incorporation.

It has existed in three permanent locations: at 61 Washington St., in a building dedicated in 1904 on land now incorporated into Quincy Mutual's headquarters; from 1955 to 2013 at 79 Coddington St; and since 2013 at its current location, on the former parking lot of the 1955 building.

In both 1904 and 1955, the members of the Y – then known as the Quincy Y, the forerunner to today's South Shore YMCA – placed time capsules into the cornerstones of their buildings for opening at later dates. With the completion of the new Quincy Y in 2013 and the subsequent removal of the 1955 building during 2016, staff members from the Y retrieved the most recent time capsule. They held onto it for a special occasion.

In late January, during the first gathering of the 125th anniversary committee, they dug into some Quincy history.

The box itself is made of copper, 14 inches high, 9 inches wide and 6 ½ inches deep. The interior retains its bright copper color, but the exterior has dulled. The contents inside, though, have easily stood the test of time. They include:

• A copy of the book Historic Quincy by William Churchill Edwards, published by the City of Quincy in 1954;

• Thirteen photographs taken by the Norfolk Camera Club of the groundbreaking ceremony, including pictures of YMCA President Thomas S. Burgin, Honorary President Carle Hayward, General Secretary Floyd Folmsbee, Quincy Mayor Amelio A. della Chiesa and Mrs. Earl R. Baker, President of the Quincy Federation of Women's Organizations, taking their turns symbolically moving shovelfuls of dirt on March 8, 1954;

• An envelope containing items found in the time capsule planted in the old YMCA building at 61 Washington Street, and a photo of that box being opened;

• A booklet about the history of Camp Burgess in Sandwich, which was open to "normal wholesome boys of Quincy and vicinity";

• Coins and stamps from 1954;

• Pictures, including interiors, of the 1904 building as it looked in 1955;

• Pamphlets from fundraising drives in 1947, 1953 and 1955 to open the new facility;

• And more.

Perhaps the most interesting artifact in the collection is a standard envelope with the return address of "Young

Cont'd On Page 16

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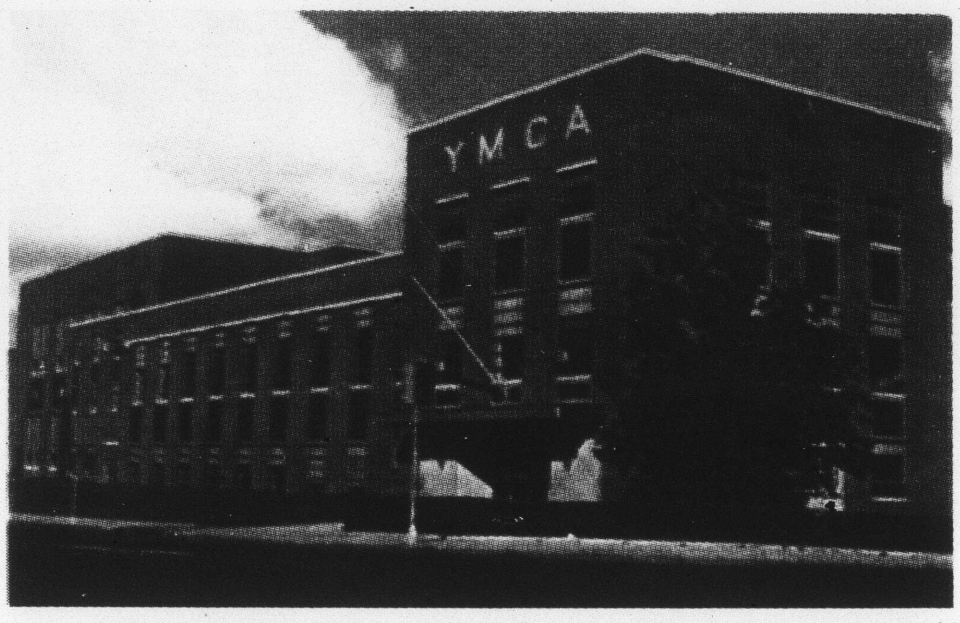
South Shore YMCA Celebrating 125th Anniversary

41 Years After Y Movement Reached North America, 15 Men Helped Establish Quincy YMCA In 1892

THE Y'S FIRST permanent facility in Quincy, built in 1904, stood at 61 Washington St.



THE Y'S SECOND building in Quincy, at 79 Coddington Street, was planned in the 1920s but finally came to fruition in 1955. *Photos Courtesy South Shore YMCA*

By JOHN GALLUZZO
Development Writer
South Shore YMCA

The Y movement began in England in 1844, at the end of the Industrial Revolution, when deplorable city conditions led the locals to form an organization that would focus on the health – in spirit, mind and body – of local young men. By 1851, the movement had spread to North America, to Montreal and Boston.

It took Quincy another 41 years to pick up the cause, after the Civil War had slowed the momentum of the movement in the United States overall. But Quincy, by the 1890s, was rapidly growing, due to industrialization. In 1850, just more than 5,000 residents called Quincy home; by 1890, that population had tripled to more than 16,000.

With industry came hardship for laborers who put in long, toiling hours to earn living wages, with little time for relaxation or to otherwise focus on themselves. As such, in 1892 a group of 15 men met in the Adams Building to found the Quincy YMCA "for the improvement of the spiritual, mental, social and physical condition of young men." After two temporary locations, the Y dedicated a building at 61 Washington St. in 1904, offering programs such as vocational training, bowling, exercise sessions, prayer meetings, and guidance to men and women who were away from home. It housed the YMCA for the next 51 years, and had the only indoor pool in the area.

By 1923, YMCA supporters believed that a new facility would be needed soon. A drive began, but quickly stalled with the coming of the Great Depression and then World War II.

By 1944, the people of Quincy could see that the war would eventually end, and victoriously at that. They renewed their commitment for a new building, billing it as a memorial for Quincy's lost soldiers and sailors in

Cont'd On Page 17

South Shore YMCA Opens 1955 Time Capsule

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Men's Christian Association of Quincy, Massachusetts, Member Agency of Quincy Community Chest, 61 Washington Street – Quincy 69, Massachusetts." Written on the front are the words: "A One Dollar Bill. This dollar contributed by Fred'k J. Mueller – a member of the 'Y' Basketball team in 1923 – as the 'First Dollar' for the new 'Y' building. Contributed Jan. 3, 1923, or thirty-one years prior to beginning the construction of this new 'Y.'"

As part of the Y's 125th anniversary celebration, a new time capsule will be installed, and in a very historic place. The old cornerstone that held the 1955 time capsule has been incorporated into the 2013 building.

What will be in it? That has not yet been decided, but, in accordance with the Y's mission, community input is welcomed. During the spring, the Y will hold public viewings of the contents of the time capsules, and invites all to see this piece of Quincy history. Be sure to watch for updates in the Quincy Sun.

The South Shore YMCA is a charity serving eleven local communities: Quincy, Randolph, Weymouth, Braintree, Milton, Hingham, Hull, Cohasset, Scituate, Norwell and Hanover. For information on how to support its work through volunteering or donations, contact Mary Orne at morne@ssymca.org or 781-264-9400 ext. 3306.

For more information about the historic time capsule or to suggests items to be placed into the next one, contact John Galluzzo at jgalluzzo@ssymca.org or 781-724-7131.

South Shore YMCA Celebrating 125th Anniversary

Cont'd From Page 16

their marketing, and set to work. They expected to raise $1,000,000, and almost had it in one pledge, but it was rescinded.

It took eleven years, but by 1955 they were opening their new facility at 79 Coddington St. That building also served as a community residence for adults with low income.

From there, the story is of a half century of growth and expansion. In 1928 the YMCA had founded Camp Burgess for Boys in Sandwich, beginning a strong camping tradition that has since touched lives of generations of families. In 1960 Camp Hayward for Girls was established across Spectacle Pond from Camp Burgess.

The 1960s proved to be a decade of turmoil across the greater American landscape, but one of social innovation at the Y. From 1961-1965, the Quincy YMCA was privileged to have Quincy's Dr. Emma Tousant as the first female Board Chair to serve in any YMCA in the United States. Dr. Tousant founded the Quincy Business and Professional Women's Club in the 1950s. The Y later named Tousant Hall for her at Camp Hayward. In 1964, presaging today's Inclusion programs at the Y, seventeen women among the membership of the Quincy Y began offering swimming lessons to twelve "physically and mentally handicapped children in our pool. The purpose of the program is not only to teach the children to swim but to 'water-safe' them so that they may have the pleasure and fun found in swimming that we take so much for granted." Later in the decade, the Y quietly integrated Camp Hayward by inviting six young African-American girls, one from each grades one through six, to participate in camp offerings. The experiment was deemed a success, as the girls exchanged addresses when camp ended, to continue their friendships.

An independent program study project conducted in 1969 noted that the Quincy facility built in 1955 with an estimated capacity to serve 3,000 members had a current enrollment of 7,273. "This building serves more members than any other single YMCA facility in the New England Area," quoted the report, "and it is the only major unit which serves women and girls, as well as men and boys, with a full range of programs." There would not be a new facility for 45 years.

The Quincy YMCA merged with the Weymouth YMCA in 1981, and the South Shore YMCA was born. While programs continued to grow and expand, the footprint remained the same in the short-term. With an 11-town wide service area reaching from Braintree and Randolph down to Scituate and Norwell to consider, the Y purchased the grounds of the former Hanover Tennis Club in 1994, where the Y operated a Family Outdoor Center and Camp Gordon Clark, a summer day camp that continues today. The Y purchased the Mill Pond Tennis Club in Hanover in 1998 and converted it into the Mill Pond Branch YMCA, later to be renamed the Emilson Y.

In September of 2011, the South Shore YMCA merged with South Shore Natural Science Center in Norwell. The Science Center, which had already been in operation for fifty years, has a

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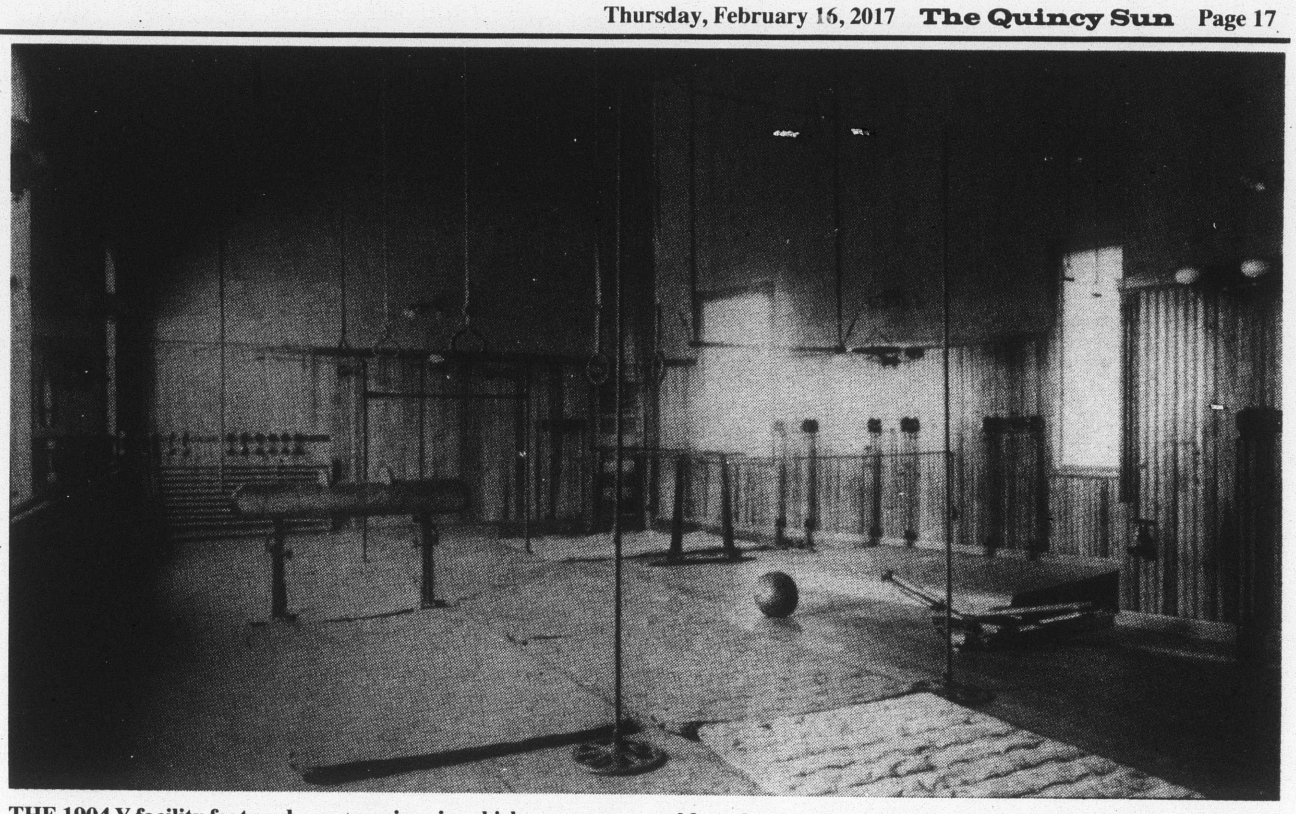
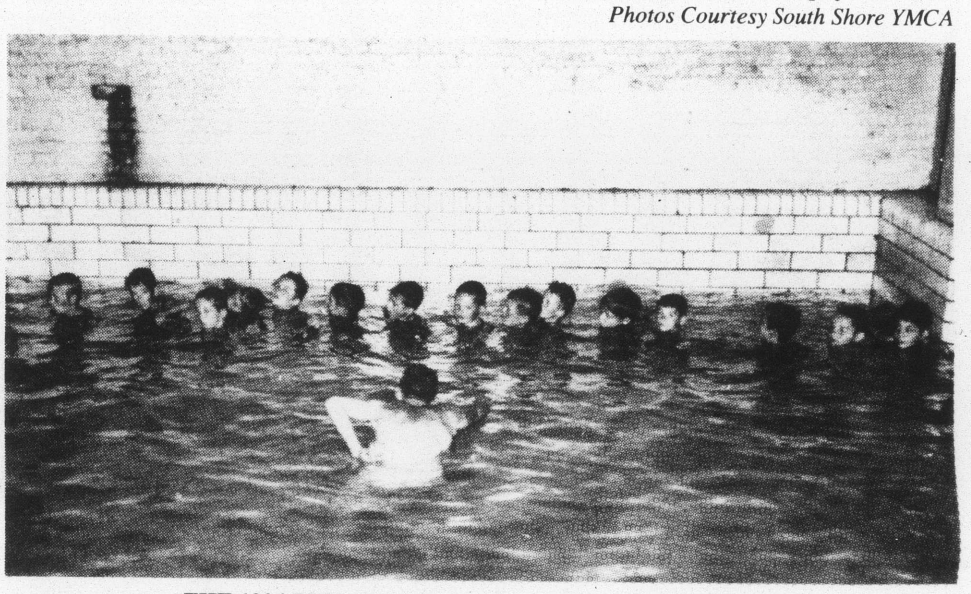
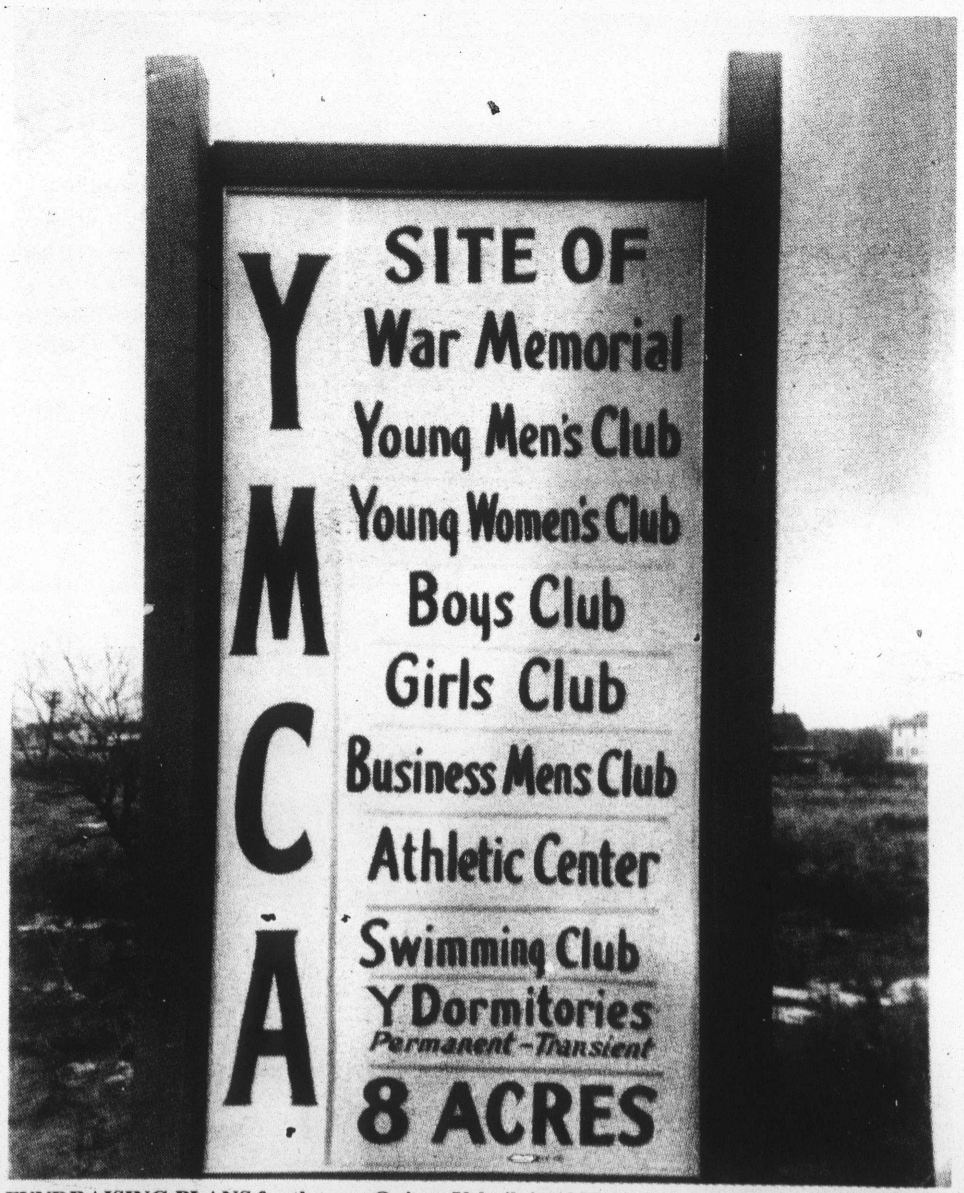


THE 1904 Y facility featured a gymnasium in which young men could work on their "spiritual, mental, social and physical" well-being.

Photos Courtesy South Shore YMCA



THE 1904 BUILDING featured a pool, a rarity in the area.



FUNDRAISING PLANS for the new Quincy Y, built in 1955, included the idea of using the new facility as a memorial to the city's World War II veterans.

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South Shore YMCA Celebrating 125th Anniversary This Year

Cont'd From Page 17

mission of providing environmental education and fostering an appreciation of the natural world, and today is empowered to bring that story to underserved students under its concurrent YMCA mission.

In December 2011, the new South Shore YMCA Early Learning Center opened at 1075 Washington Street, Hanover. In December of 2013, the Y's Quincy Branch opened a new, state-of-the-art facility on Coddington Street which was built to better serve the changing needs of Quincy and surrounding communities for generations to come.

The South Shore Y's newest initiative, ZoneWellness, opened its doors in January of 2017 at Assinippi Park in Norwell. In collaboration with Fox Rock properties, the Y's ZoneWellness is designed to bring high-quality, convenient health and wellness opportunities to office park tenants and serve as an epicenter for corporate wellness on the South Shore.

Today, the South Shore YMCA is involving more than 60,000 members and participants, nearly two-thirds of whom are children and teens, in more than 100 different programs. Emphasizing the four core character development values of caring, honesty, respect and responsibility, the Y is committed to strengthening its communities by nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

One hundred and twenty-fifth Birthday Party Community Open Houses are planned at both the Quincy and Emilson Branches for early fall. All will be invited to enjoy a day of family-friendly games, activities and entertainment and learn more about Y programs in celebration of the South Shore YMCA's 125th birthday.

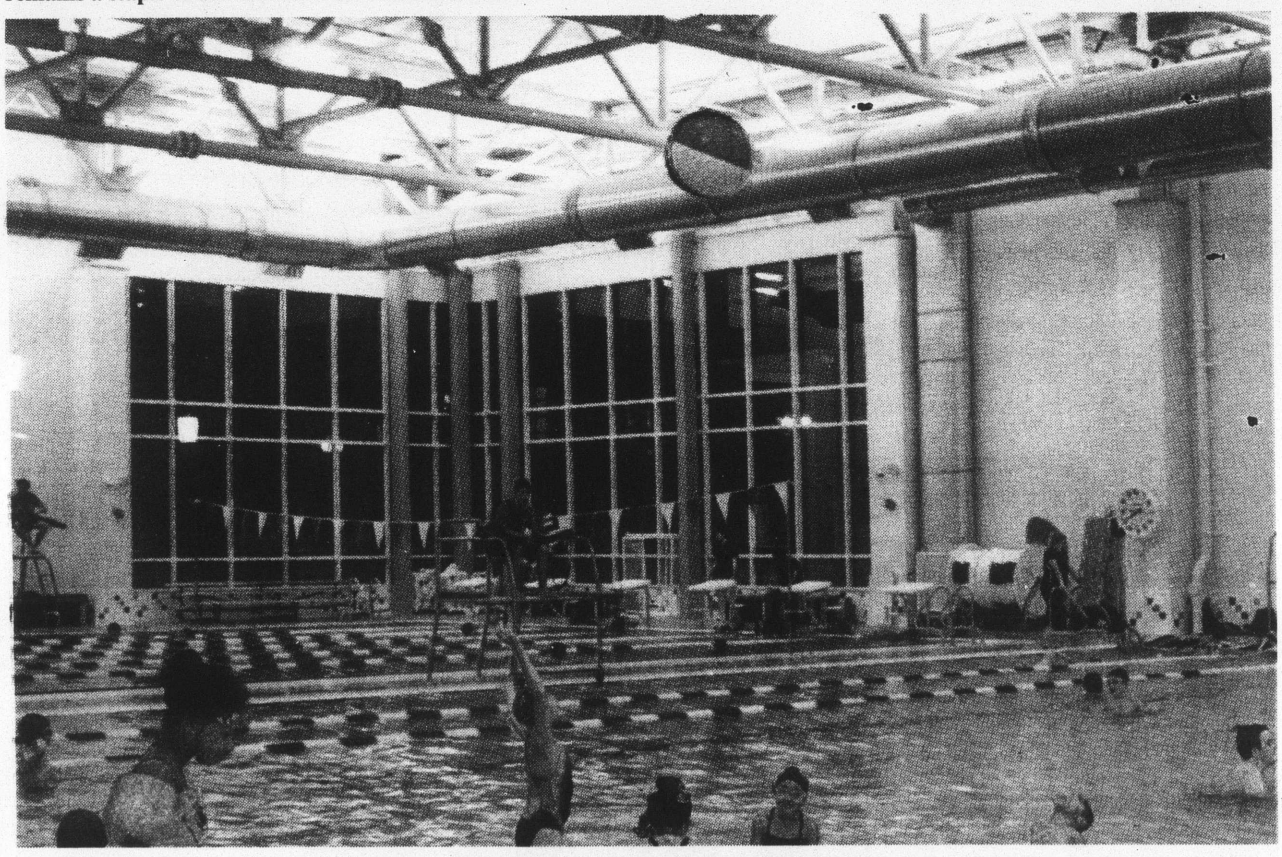
Today, the great-grandson of one of the founders – i.e., one of the fifteen concerned Quincy men of 1892 – works as a volunteer on the Y's board of directors. And, always a mirror for the community, today's membership at the Quincy Y is 22% Asian-American. Echoing the sounds heard on Quincy city streets, fourteen languages are spoken in the State Street Early Learning Center at the Y.

Looking back over a century and a quarter, it's easy to say that much has changed, but even aside from the mission, much has remained the same.

The South Shore YMCA is a charity serving eleven local communities: Quincy, Randolph, Weymouth, Braintree, Milton, Hingham, Hull, Cohasset, Scituate, Norwell and Hanover.

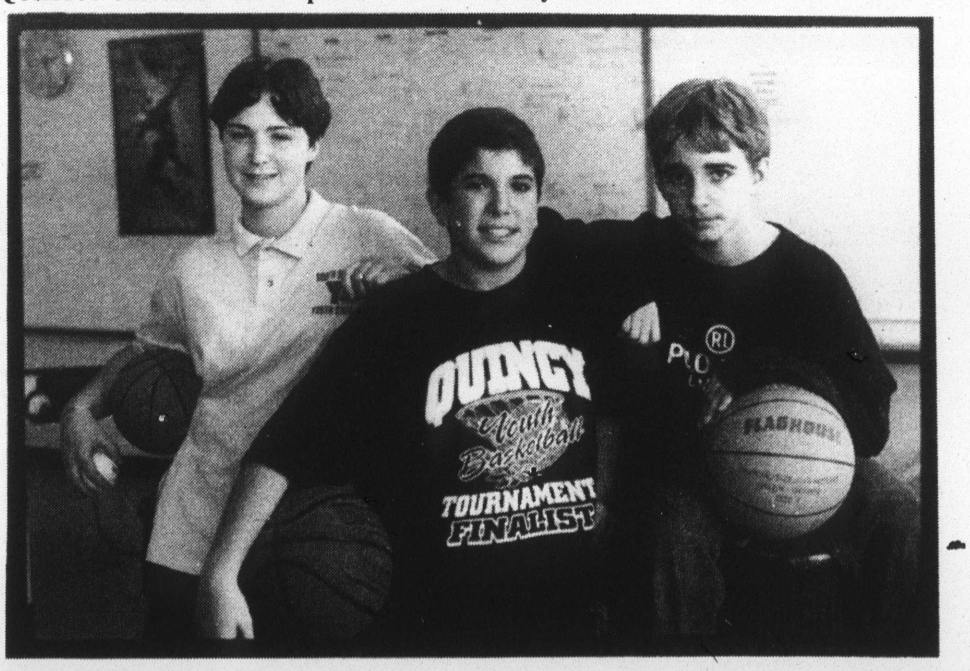
For information on how to support its work through volunteering or donations, contact Mary Orne at morne@ssymca.org or 781-264-9400 ext. 3306.

BASKETBALL WAS INVENTED at a YMCA in Springfield, Massachusetts, a month before the Quincy Y formed, and today remains a staple of the activities undertaken at the Y. *Photos Courtesy South Shore YMCA*



AQUATICS CENTER – The Y opened its current facility in 2013.

PHOTO AT RIGHT: Basketball has remained a staple at the Y, as shown by these Quincy kids in 1981.



Helen Murphy Honored At Ithaca College

Helen Murphy of Quincy was honored with Ithaca College's Peggy R. Williams Award for Academic and Community Leadership, an award recognizing students who excel academically, perform service to the college community and nation, and represent an exemplary level of accomplishment.

VOICE FOR HEALTH
by Dr. Gabrielle Freedman
Chiropractor

OF SEAT BELTS AND SPINAL INJURIES

Automobile crashes are the leading cause of mid-back (thoracic) and low back (lumbar) spine injuries. Moreover, an analysis of 4,572 crash-injury patients over a 15-year period reveals a difference between the injuries sustained by those who used a two-point belted seat belt and others who were strapped into three-point belted seat belts. Those wearing the three-point seat belts were found to be more than three times more likely to have fractures of the spine than those wearing the two-point seat belts. On the other hand, those wearing two-point belted seat belts mostly sustained flexion-distraction injuries (with their heads moving towards their knees during the crash). Seat belts may reduce the severity of spine injuries, but they cannot eliminate them altogether.

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuro-musculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints, and headaches. To schedule an appointment, please call **FAMILY PRACTICE OF CHIROPRACTIC** at **617-472-4220**. Our practice is located at **112 McGrath Hwy., Quincy**.

P.S. By wearing seat belts and buckling children into age- and size-appropriate car seats and booster seats, people can reduce the risk of serious injury and death by half.

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Defense Leads NQ Girls To Big Win Over Quincy

Red Raiders, Presidents (10-7 Records) In Final Push For Postseason Tournament

By JOE REARDON

In a game that North Quincy absolutely had to have to keep its tournament hopes alive, the Red Raiders girls basketball team went out and played one of its best games of the season last Saturday to defeat Quincy handily, 48-36, on their home court.

The win raised North Quincy's record to 7-10 on the season with three huge, must-win games this week to reach .500 and stamp its ticket into the postseason. Quincy is in the exact same position at 7-10, but has the enormous task of having to defeat a rugged Whitman-Hanson squad to become a playoff team.

"If we don't win this one, the other three we're just playing," said North Quincy head coach Paul Bregoli. "We're still playing for something. This team has a legitimate shot to get into the tournament. If we play the way we played tonight, I think we'll take care of business. The girls are incredibly excited. I'm so happy for them, particularly the seniors. We had no choice. We couldn't not play well tonight."

North Quincy took Quincy's inside shooting away and let the Presidents take their chances from three-point land. The Red Raiders were able to hold freshman scorer Allison McMorrow to six points and that proved to be the key to the game for the Red Raider. North Quincy contested shots all evening and it paid off as Quincy didn't put up big points in the scoring department. Liana Cunningham led the Presidents with 14 point while Maeve Hernon finished with nine points and Joelle Robinson hit for six. Kerin Coleman and Jenn Butka led North Quincy with 12 points apiece. Remy Aucoin added 10 points and Samantha Smith finished with eight points.

"They were very stingy on defense," said Quincy coach Jeff Bretsch. "We had a hard time getting anything going to the hoop tonight. They're a very big and strong team and that's their advantage over us. They locked the paint down. We shot the ball very poorly tonight. They allowed us to shoot and normally I'd

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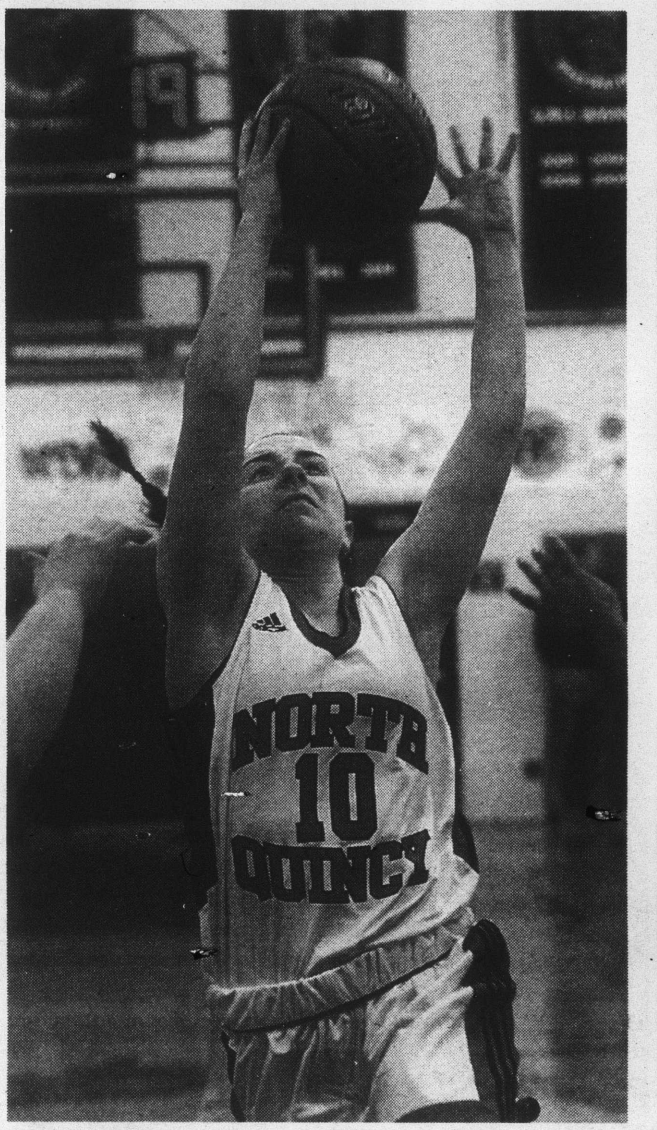
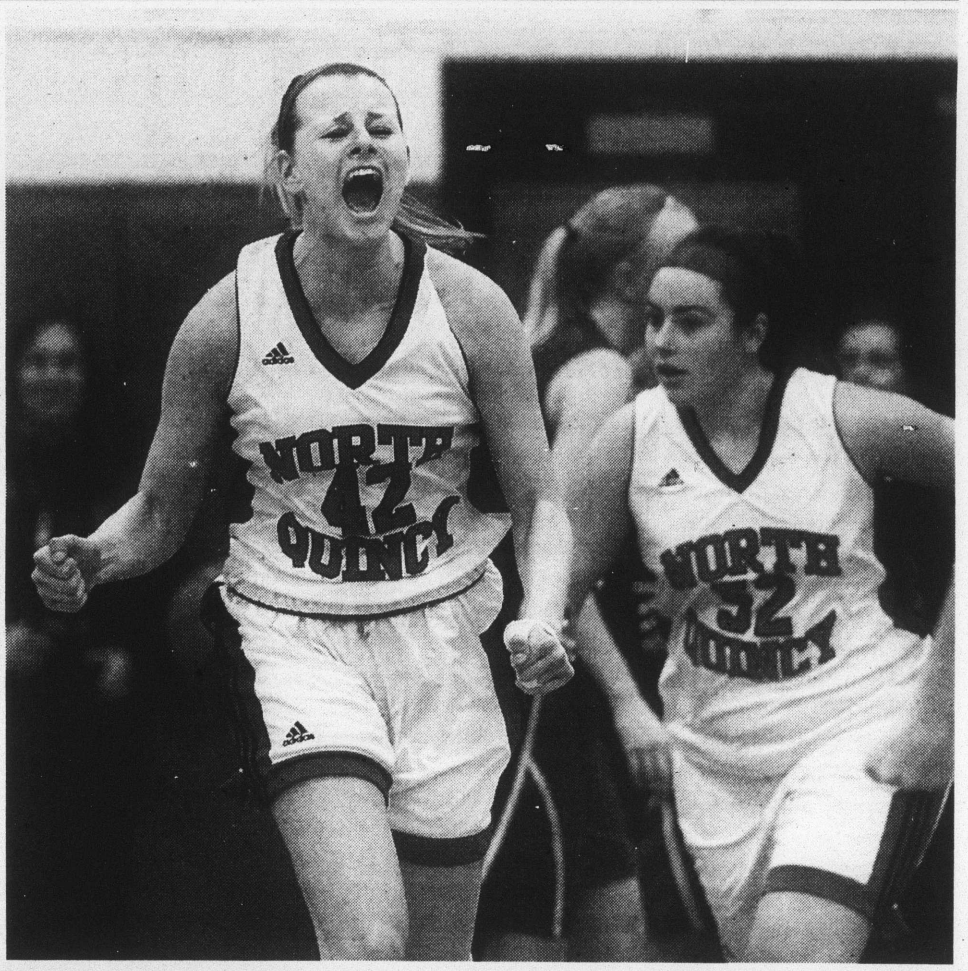
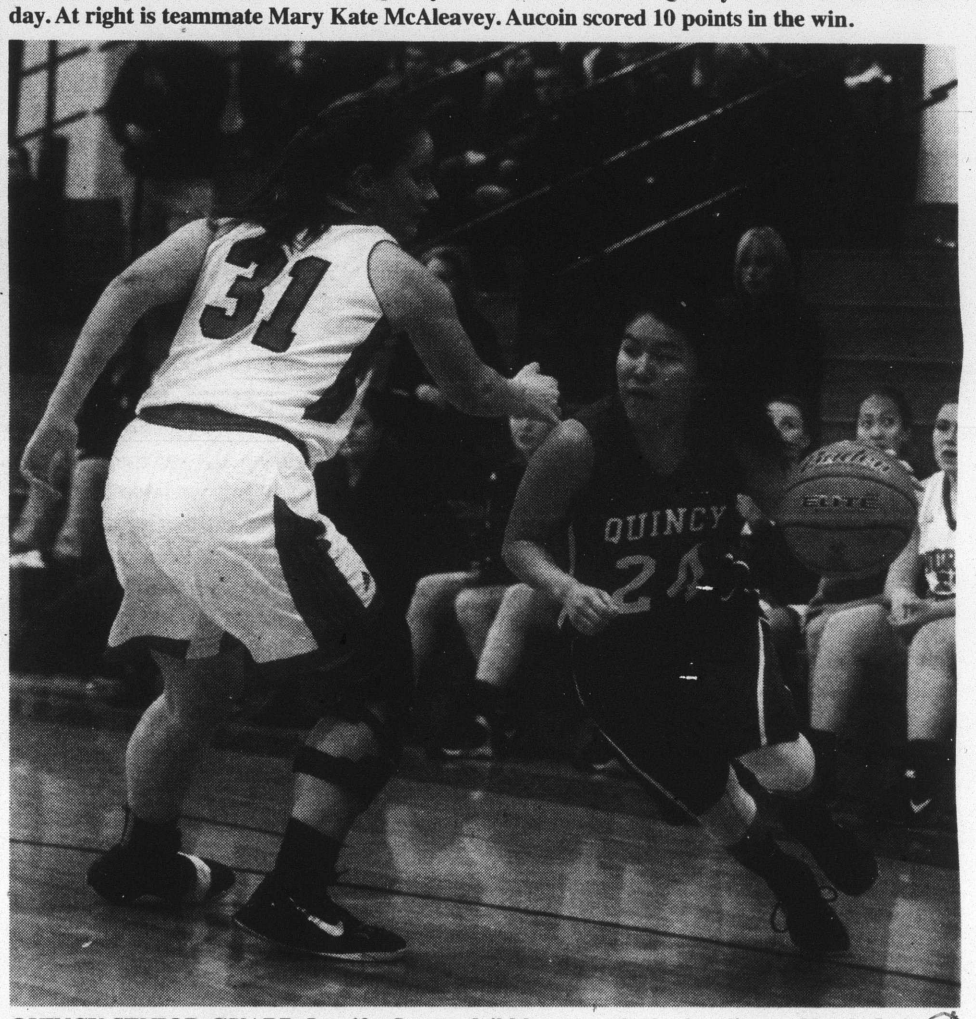


NORTH QUINCY senior guard and captain Kerin Coleman scores two of her 12 points in the Red Raiders' 48-36 win over Quincy last Saturday. The outcome left both teams at 7-10 and in the final push for postseason berths.

Quincy Sun Photos/Robert Bosworth



SENIOR CAPTAIN REMY AUCOIN shows her enthusiasm after a Red Raider basket late in the fourth quarter cemented North Quincy's 48-36 win over the Quincy Presidents last Saturday. At right is teammate Mary Kate McAleavey. Aucoin scored 10 points in the win.



QUINCY SENIOR GUARD Jennifer Leung dribbles towards the baseline as North Quincy's Jenn Butka defends the perimeter.

NORTH QUINCY PLAYED stingy defense in the Red Raiders' 48-36 win over Quincy. Here Remy Aucoin (left) and Jenn Butka surround Quincy's Allison McMorrow who takes aim at the basket.

NORTH QUINCY sophomore guard Samantha Smith (eight points) looks to make a pass as Quincy sophomore guard Gia Calabro defends.

Presidents Hold Off Red Raiders, Eye Tourney Home Game

Quincy 66-59 Winner Over North Quincy

By JOE REARDON

For a few brief moments, it looked as though North Quincy was going to complete a monster comeback against tourney-bound Quincy in last Saturday's Patriot League matchup in the Red Raiders' home gym.

But the best way to answer a scoring run is to put together one of your own that hopefully puts the opposition out of commission for good.

The Presidents were able to do just that as they pulled away from the Red Raiders for a 66-59 win. The victory put the Presidents at 12-4 on the season with upcoming games this week against Plymouth North, Whitman-Hanson and Duxbury and the opportunity to clinch a home game in the postseason.

Quincy head coach David Parry was hardly surprised with the way North Quincy gathered momentum to make a run at the Presidents. The rivalry, after all, is a heated one and it gets that much more competitive with the postseason looming. And both teams are always playing for bragging rights in the city, regardless of the team records.

"It always does get close when it's Quincy and North Quincy," Parry said. "Everybody plays until the final seconds and no lead is safe. Those guys are great shooters and we knew that. We stayed in our zone a little bit too long and gave them the opportunity to get some good looks. Our guys responded. They kept their cool. They kept their poise so we're happy with that."

Leading 34-26 at the half, Quincy got a three-pointer from Jeff Petithomme (15 points) and consecutive treys from Kyle Murphy (16 points) to extend its lead to 43-28. That's when North Quincy came alive.

Jean Louis Jr. scored eight points and Declan Murphy knocked down a big three-pointer to pace the Red Raiders' 15-4 run to cut Quincy's advantage to 47-43 with less than a minute to go in the quarter.

Quincy pulled away slightly again to start the fourth, but Andrew Huang hit one of his three second-half three-pointers to cut the advantage to 53-50 with 6:08 remaining. Quincy went down low with a pair of Murphy baskets as the Presidents reeled off a 7-0 burst to put the Red Raiders away once and for all.

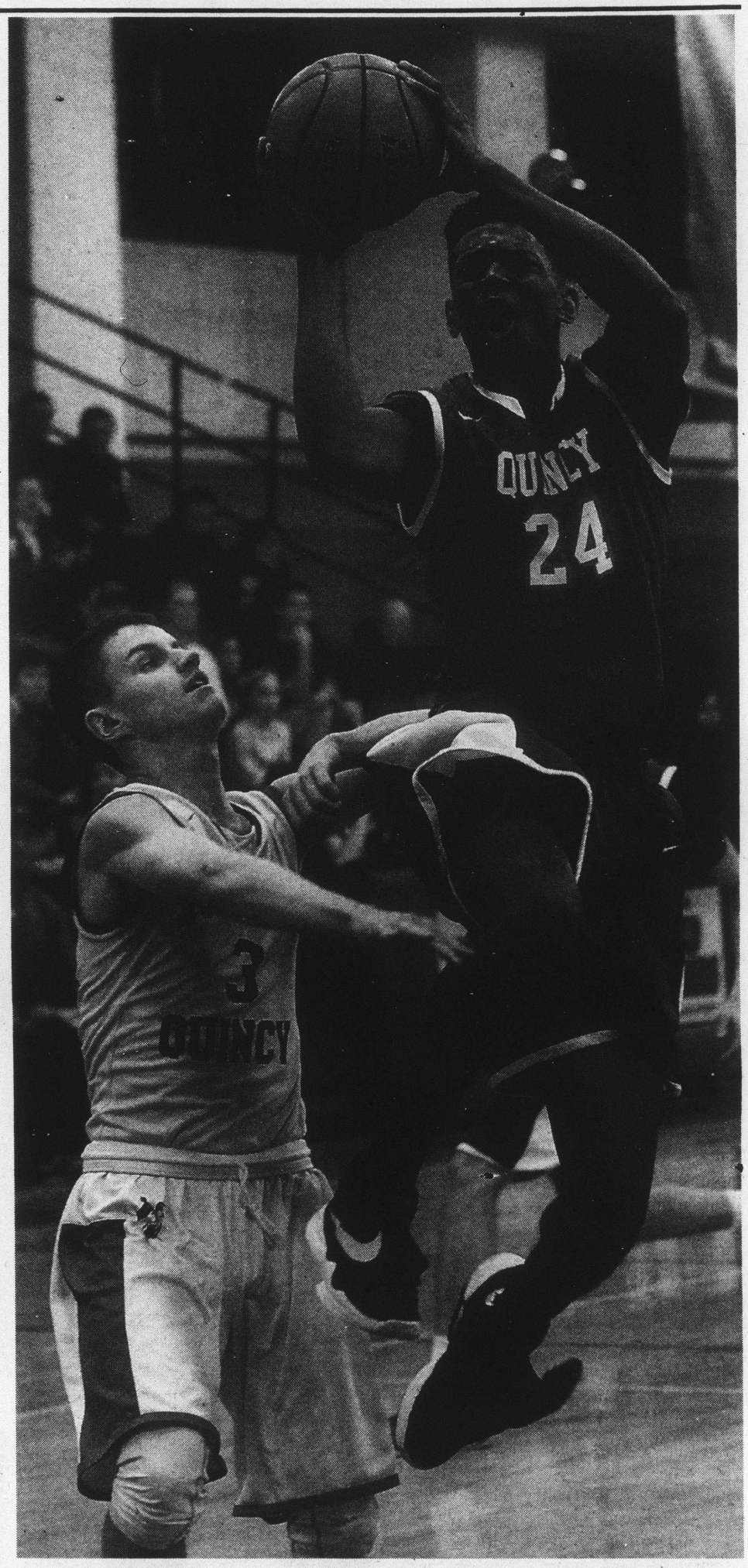
Quincy didn't help itself from the line in the fourth quarter, making good on just 7-of-16 free throws for an uncharacteristic poor showing.

"I thought everyone was shooting well, other than free throw shooting," said Parry. "Free throw shooting has been one of our strong, strong points. But with the weather and the practice schedule, we're a little bit out of rhythm. They responded well and kept playing. Our rebounding really showed through tonight and it had been a little laxed. I'm really happy for them."

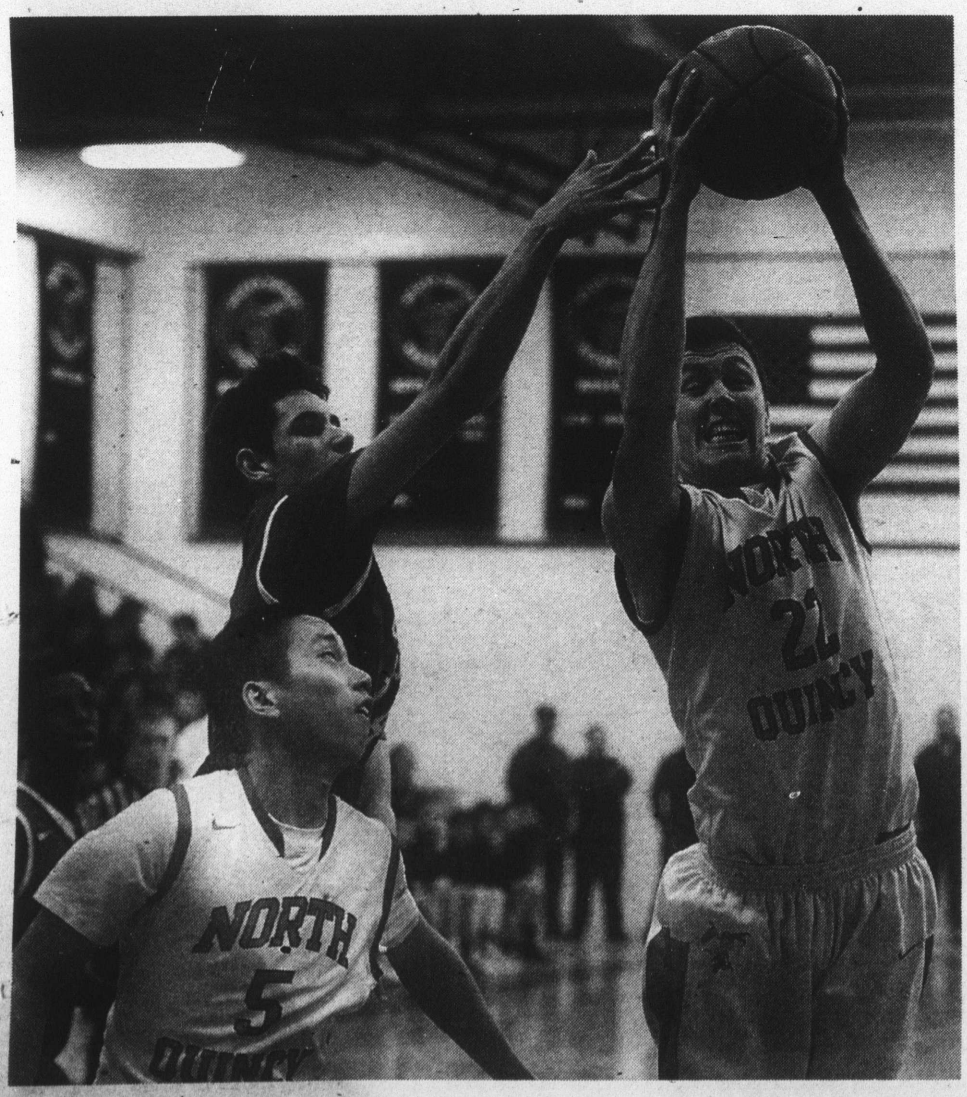
Quincy sprinted to a 20-8 lead in the first quarter and got some big baskets in the second from Ugo Kamalu, who led the Presidents with 19 points. Consecutive three-pointers from Huang and Aidan Golden cut the Presidents' lead to four before Murphy drained a three-pointer and Petithomme, who finished with 15 points, walked in on a layup to make it a 34-26 contest at the half.

Quincy has a big week battling three tough Patriot League squads.

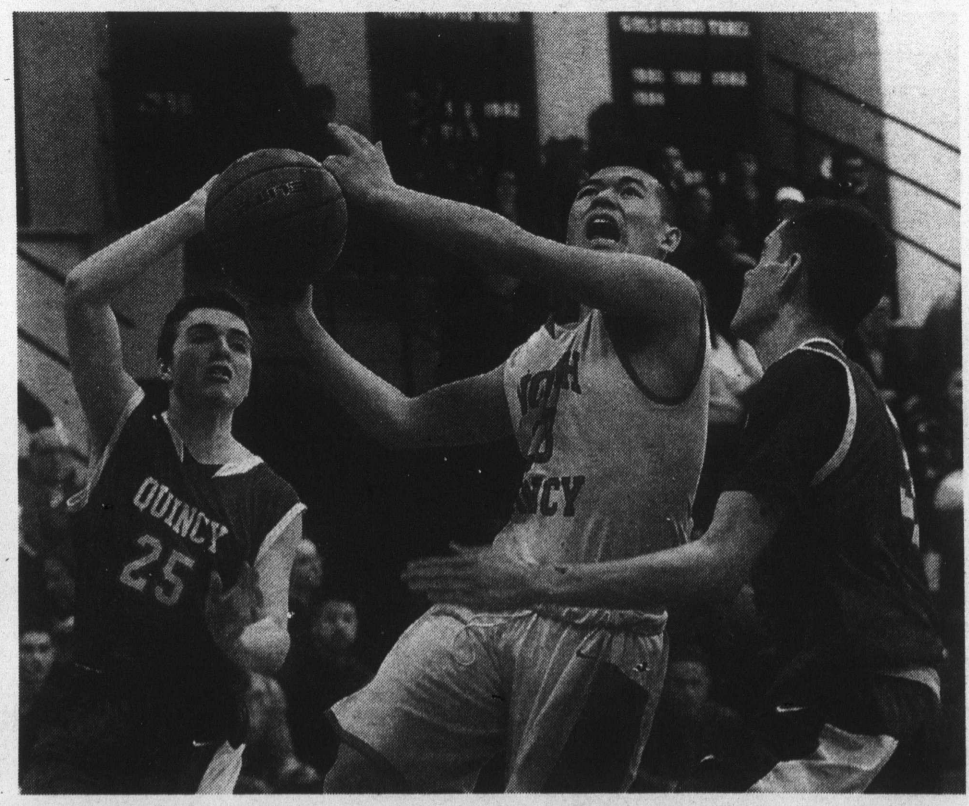
"We're trying to better ourselves for a better position in the tournament," said Parry. "The coaches are (gearing up for the tournament), but we have the kids focused on the league right now. We've been out scouting the other teams and trying to get a good handle on it. We'll see what happens. We're really trying to get a home game again. That's very important in the tournament."



QUINCY SENIOR FORWARD Ugo Kamalu soars to the basket for two of his team-high 19 points in the Presidents' 66-59 win over Aidan Golden (left) and the Red Raiders last Saturday.



NORTH QUINCY junior Jack Meade hauls in a rebound for the Red Raiders against Quincy. At left is teammate Jonathan Wong.



ANDREW HUANG goes up strong to the basket for North Quincy as Quincy's Kyle Murphy (left) and Will Zarges close in.

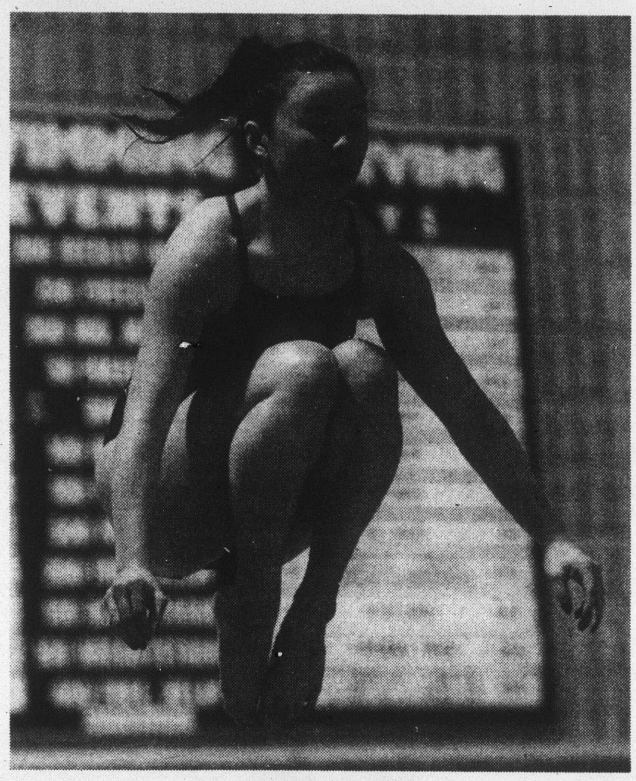
QNQ Girls Compete At South Sectionals

Quincy senior captain Bailee Carey finished third in the one-meter dive competition at the Central/South Sectionals last Saturday at the Massachusetts Institute of Technology pool in Cambridge.

Carey led through the preliminaries with a score of 230.40 then finished two points off the pace after the semifinals and finally landed third with a score of 480.30 just over one point away from second place. She received three scores of 10 and two scores of nine and one-half on her ninth dive, an inward dive, pike position, degree of difficulty 1.5.

North Quincy sophomore Juliana Chieng placed 29th in the 50-yard freestyle with a time of 26.74.

The Quincy and North Quincy swimming and diving teams will compete at the Division I State Championships Feb. 18-19 on the Boston University campus in Boston.



BAILEE CAREY
Quincy Sun File Photo/Robert Bosworth

Mary Saccoach Reaches District Championship In Elks Hoop Shoot Competition

Mary Saccoach of Quincy advanced to the District Championship of the Elks National "Hoop Shoot" championship round after finishing in first place in the Circle District playoff in Marshfield.

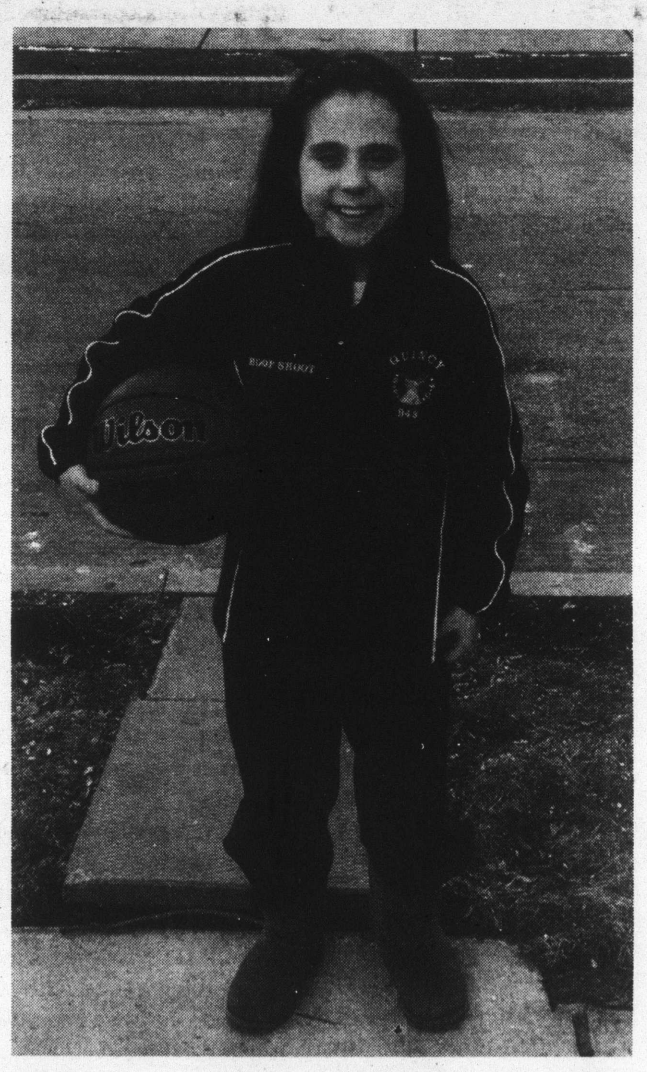
Mary, who is a student at the Merrymount Elementary School, qualified for the Marshfield event by winning the City of Quincy championship in December. The Circle District of the Elks is lodge's south of Boston including Weymouth, Braintree, Randolph and others.

The Elks National "Hoop Shoot" is sponsored by the Quincy Lodge of Elks 943. The tournament starts with local, regional, state playoffs and works its way to a National Champion each year. Only the champion at each level moves on and the Maynard playoff Mary did not advance to the state championship.

Boys and girls from all fifty states take part in three age groups, 8/9, 10/11 and 12/13. At all levels of the contest each participant shoot's 25 free throws for score.

The local competition was supervised by the Quincy Recreation Department with preliminary rounds held in eleven recreation programs leading to the city championship.

Finishing in second place at Marshfield was 8-year-old Lola Kelly, a student at the Snug Harbor School. Also competing in Marshfield playoffs at the Boys and Girls Club were Kevin Gillespie, Kyle De Boer, and Michael Potter.



MARY SACCOACH

Ed Miller is the volunteer "Hoop Shoot" director for the Quincy Lodge and Frank Bertoni is the Exalted Ruler.

Recreation Director Barry Welch praised Miller for his more than 30 years of stewardship of this program which has allowed thousands of youth in our community to have the opportunity to take their skill to a regional, state and national stage.

"We are also indebted to Mr. Bertoni and the members of the lodge for their generosity in funding this program annually," Welch said.

In recognition of winning the Circle District playoff the Quincy Lodge outfitted Mary with a personalized athletic jacket.

READERS FORUM

Bob McGillicuddy Showed How To Be Saved By Love

To Bob McGillicuddy's students and swimmers, current and former:

In the 8th grade, Mr. McGillicuddy found out he had scoliosis, which is an abnormal curvature of the spine. The only way to correct this disease was to wear a metal brace from the neck to tailbone- a medical torture device. Bob was really angry, not just because he was a three-sport athlete and would have to miss several seasons, but because he knew what lay ahead when he wore this to school. Immediately and constantly, classmates teased Bob as "Iron Man."

There were only two reasons Bob could take his brace off during waking hours:

One. Swimming. For it was the only exercise that naturally helped straighten the spine. So, Bob swam as much as he could.

Two. To prevent blisters or worse, rubbing alcohol had to be applied where the brace dug into his skin. These areas were in the middle of the back. Just like trying to apply suntan lotion there, it could not be done alone. The person who volunteered to help Bob was the most unlikely of candidates. Our Middle School Vice-Principal never smiled. He never even acknowledged you, except when handing out punishments. Yet to further confirm God has a Master Plan, this seeming heartless individual had a daughter with scoliosis and wore a brace. He knew what Bob was going through and what needed to be done. Every day at lunch, Mr. McGillicuddy would go to the Vice-Principal's office and be healed.

This transformed Bob much like the author of "Amazing Grace." Even more appropriate, transformed him like Iron Man. In the 1970s, according to the Black Sabbath song, Iron Man terrorized as a part man, part steel, angry soul. Whereas today, thanks to the movie version, he is a lovable, part serious, part goofy, scientist/ superhero.

As an adult, the transformed Bob returned to the most horrible place in his life- 8th grade. This time, he was armed with two valuable life lessons:

1: Swimming is freedom.

2: A firm, yet sympathetic teacher can change your life.

For more than a generation, Bob was there to help students make the right choice between: Continue to be an angry person or learn to reach out and be saved by Love.

Excerpt from Bob McGillicuddy's Eulogy, given by Bob's brother, John McGillicuddy

Recreation Department Offering LEGO Workshops During Vacation

The Quincy Recreation Department will offer LEGO Workshops during February school vacation for boys and girls in kindergarten through grade three.

This workshop will offer children the opportunity to participate with others in LEGO activities. Children will create and build with the LEGO toys in both individual and group projects.

The workshops, which will be scheduled on Tuesday through Friday during vacation week, will be conducted in the Community Room of the Richard J. Koch Park and Recreation Complex located at One Merrymount Parkway. The cost of the program is $20 for a three-hour session and will include the LEGOS, supervised instruction and a snack.

The sessions are: Monday Feb. 21 through Friday, Feb. 24 from 9 a.m. to noon.

Enrollment will be limited, and a minimum number will be needed for each session for proper group activities. Supervision will be provided by members of the Quincy Recreation Department Staff and participants will also be guided in related LEGO activities such as design challenges and games.

Registration is ongoing and can be done online at QuincyRec.com or in person at One Merrymount Parkway from 9 a.m to 4 p.m. For additional information, call 617-376-1394 or visit QuincyRec.com

Quincy YOUTH HOCKEY

Attention all active
Quincy Youth Hockey Members:

Our Annual Members' Meeting
Will be held on
February 27, 2017
At 6:30PM
At Quincy Youth Arena

Switching Oil, Stone Chips, Roof Drains, Transmission Fluid

Ask John Paul: AAA New England's Car Doctor

I'm the original owner of a rust free 2004 Ford F150 four-wheel drive truck with only 78,000 miles on it. I purchased this truck in Arizona and until I moved to the Northeast it had never seen snow. Late last year I started to get this whinning noise from the drive train. I thought it was a universal joint or wheel bearing but everything checked out fine. I did some searching online and found other owners with the same problem. The more I read the more I get confused. No one seemed completely satisfied with any one repair. Any inside advice on what it might be?

The first thing you need to do is determine where the noise is coming from. This model has had two distinct problems. The first is a problem internal to the transmission that in some cases may be as simple as a clogged transmission filter. The second is with a noisy rear differential. Once you can determine where the noise is coming from then you can determine what needs to be repaired. Since the truck is 13 years old any number of mechanical problems could be the cause of your truck's noise. I have used a tool called a Chassis-Ear; this is a tool that uses up to four wireless microphones that connect to a receiver to pinpoint noises

I'm looking for your opinion. For the first 40,000 miles I used regular oil in my 2002 Ford Focus. The next 90,000 miles I used synthetic. The next 50,000 miles I have switched back to regular oil. The car now burns a quart about every 500 to 600 miles. Could I have done any harm with the switching of oils?

It is perfectly acceptable to switch back and forth between conventional and synthetic oil. At 180,000 miles and 15 years old the engine may just be starting to wear out. You can do some testing to see why the engine is using oil, although at this point it may just be cheaper to add one quart of oil once or twice per month as needed.

I faithfully read your Car Doctor articles and was wondering if you had heard of this one before. I have a Hyundai Equus with just over 46,000 on the odometer. The car has been very reliable and is the nicest car I have ever owned. I have it serviced regularly at the Hyundai Dealer where I purchased it. Late last year I noticed a couple of chips on the hood just above the grill. I took it to a garage and the guy offered to repaint it for $300 which seemed reasonable to me. The assumption being perhaps it was rocks that caused the chips. He did a great job I thought until a month later I noticed the chips were back in about the same spots. I took it to the Hyundai garage, they only assumed it was damage caused by road travel and had no TSB's or anything of the nature that would relate it to be a common issue for that vehicle. I love the car but these imperfections bother me. It is paid off and I have looked at some of the latest Genesis models but I would like to keep it if I could just put this issue to bed.

I think the issue is exactly what the dealer surmised: stone chips. At this point I would return to the shop that did the repair and have them reevaluate their work. Once the car is repainted you might want to consider paint film-there are several manufactures 3M and Xpel are two. This is a nearly invisible clear adhesive product that is installed on painted surfaces and protect the paint. These products are used on some of the finest sports cars.

I have a 1995 Jeep Grand Cherokee, purchased new; it now has 128,000 miles on it. Lately the display shows "service four-wheel-drive." It continues to beep then it then it goes off. I found the fix is to disconnect the battery and then it is fine for a while. Could you please advise me on what has to be done to solve this condition?

Generally the 'Service 4wd' in the cluster means there is a final drive control module (FDCM) fault. This can be from a lack of communications caused by a software glitch. In many cases it can be fixed by a computer flash update, have your shop refer to technical service bulletin number: 21-014-06 REV A.

Do you ever come and speak to groups about cars, new cars, repairs and the latest technology? I belong to a retired men's club on Cape Cod and we are always looking for speakers. We can't pay you but the breakfast is pretty good.

I would be happy to speak with your club as well as other groups as time allows. Send me an email (jpaul@aaanortheast.com) and I'll check my schedule.

I have a 2009 Dodge Caliber that I bought about three years ago. Recently within the past six to eight months I have been having issues with blocked drains for the sun roof. I have extensive interior water damage because of this issue. The right side has been leaking considerably and recently I have had the drains cleaned out by an auto body shop. I'm wondering if you have any advice on this subject. Is there something that can be done to permanently fix the problem, or will I be spending money to blow out the drains every couple weeks for the duration that I have this car?

In every vehicle there are drains in various areas, such as the doors, trunk, heater and moon-roof. Depending where you live and how the car is parked it is not unusual to periodically clean out drains that accumulate with dirt, leaves and other debris. If you find yourself cleaning out these drains on a regular basis something else is wrong. After doing some research it appears that there are some rivets that allow excessive water onto the sunroof tracks. The fix that seems to work is sealing around the rivets. There is a fairly labor intensive procedure that could take several hours and should only be attempted once you are sure this is where the water is leaking from. Many car dealers and body shops will work with specialists who are experts on wind and water leaks. Contacting one of these specialists may be an option for a permanent repair.

I read your column all the time and wanted your expert advice. I have a Honda CRV and love everything about it (low maintenance, good snow performance and decent fuel economy). However, my wife and I are expecting our second child and I sit with the front seat all the way back, so putting two car seats in is going to be tough. So my question is do I automatically go to the Honda Pilot or are there some other brand? I love Honda it has been a great vehicle but would consider other options.

You certainly can't go wrong with the Honda Pilot, It has great interior space, and works well in the snow and although not as fuel efficient as the CR-V is does pretty well. In fact the Honda Pilot won the official winter vehicle of New England from the New England Motor Press Association. Something a little different is the Hyundai Santa-Fe it is a three row SUV and certainly worth a look. Then there are mini-vans; the Toyota Sienna mini-van is the only mini-van that has all-wheel-drive. This single option makes it competitive with SUVs. The other is the Chrysler Pacifica mini-van and although not all-wheel-drive it is available as a plug-in hybrid, which makes it a stand out in the mini-van category and an intelligent choice.

So I left my car running, for maybe 12 hours until it ran out of gas. I added some gas from my lawn mower gas can and it started right up. Did I do any harm and should I do anything to the car now?

You are not the only one to do this; I get an email once a month or so from a reader who has done this. Some of the newest cars today will actually shut off after 20-30 minutes of idling. If the engine didn't overheat chances are the car is fine. Although if this were my car I would start with an oil and filter change and check the level and conditions of all the other vital fluids and change any that look questionable.

I have an old Chevrolet Blazer that I use mostly for winter driving and it is leaking power steering fluid. The repair shop told me it needs a power steering pump at a cost of $450 plus labor. After giving me an estimate they didn't even recommend repairing the truck because the frame is rusted, any thoughts?

JOHN PAUL - AAA's Car Doctor

If the frame is rusted beyond repair and structurally unsafe it may be time to give up on the truck. Before I preceded any further it makes sense to thoroughly clean off all of the power steering fluid just to verify it is the pump and not one of the hoses leaking. If the truck isn't structurally dangerous, cheaper options are a used pump and even power steering fluid sealer.

My Honda Accord's voice recognition is erratic. Sometimes it works fine and other times even the simplest functions don't work. One feature I like is the text reader, and that feature only worked once. The phone I use is an iPhone 5. So far the dealer replaced the unit but the lack of functionality continues. My previous car, a 2012 Civic the voice recognition worked well. Is there a solution, it's maddening when trying to make a call and it doesn't work. Can I ask that they install a 2016 unit which might be better?

I drive many different cars each year and try to sync my phone to all of them. I have found some work much better than others, but none are perfect. As far as I know Honda has no updates for the infotainment system, but it certainly would be worthwhile to check with your dealer for any possible pending updates. Keep in mind hands free is not risk free. Studies show that there is the safety issue, that even when voice command works properly your brain is on hold for 13-24 seconds waiting for the action to finish.

About a year ago, when my Toyota Camry had around 112,000 miles I tried to change the transmission fluid. I called several well- known shops, they all told me, I would do more harm than good to change the fluid. My question to you is that true and do you agree with that statement? Should I go to an independent mechanic and ask him to do it? Also what do you think about additives? I am just trying to get as much mileage as possible from my car.

There was once a thought that if you had the fluid changed in an automatic transmission after many miles you could wash away accumulated vanish and clog various valves and other ports of the transmission. Today many shops perform complete fluid exchanges which seem to eliminate any contamination issue. That being said I follow the recommendation in the vehicle owner's manual and if for some reason I want to step up the maintenance interval I follow the severe service guidelines. Regarding additives, with very few exception I look at additives as a "last ditch" effort.

I always carried kitty litter or ice melt with me just in case I needed it on my long icy driveway. The problem is, the kitty litter clumps together and over time the ice-melt seems to suck the moisture out of the air and becomes useless bag of mush. Any more up to date suggestions?

I have always used oil absorbent that is used in garages-basically dried clay granules. When using cat litter, there are both clumping and non-clumping formulations. Recently I was sent a bucket of Traction Magic, this product doesn't melt the ice but absorbs the thin layer of water that makes the ice slippery and adds traction, almost like sandpaper. It is easy to clean up and safe around kids and pets. Although it is a good product, it is a bit pricey; $25 for a 15 pound bucket. Compare that price to $10 for a 40 pound bag of clay based oil dry or sand that could be sometimes free at your local DPW garage.

I have a 2003 Chevrolet Tahoe and the emergency brake cables need replacement. My mechanic ordered the cables but the middle cable is too short and doesn't have the threaded adjustment that the original cable had. He called the local Chevy dealer and they said the cable is discontinued. He said he may be able to fabricate something, any suggestions?

This is another case where the internet comes to the rescue. Your mechanic is correct that some replacement cables don't have the adjustment needed to perform the installation without buying all four cables. I checked online and did find some cables have the adjustment and some don't. In one listing on the auto parts website RockAuto.com, AC Delco has the replacement part you need.

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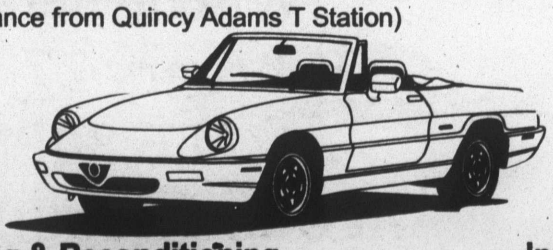

Real Estate

Quincy Real Estate Transactions Feb. 6 - February 10

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Lynne M. Hoban	Mark Lombardi	$345,000.00	117 Barham Avenue
Charles E. & Karen A. Duggan	Charlie Lee & Suong-Nguyet Mai	$410,000.00	63 Germain Avenue
James M. Freda	Liancai Feng	$248,000.00	177 Main Street
Artan Gjini & Mirela Profka	Eric & Kai Q. Lam	$253,000.00	215 Common Street Unit 2
Patricia R. Hanson	Douglas W. Bocash	$350,000.00	3 Oak Avenue
HCL LLC	Meixia & Chang B. Zou	$461,000.00	19 Botolph Street
Fernando A. Candeloro	Laurie Gallagher	$450,000.00	3 Hilda Street
Donna M. McGaughey	Jing Zheng & Shirui Lin	$455,000.00	32 Hamden Circle
Christopher R. Byron	Qi Li & Lin Lin	$515,000.00	15 Bishop Road
Stephen H. & Mary L. Fishman	See Y. Wong & Shirui Lin	$425,000.00	11 Woodward Avenue
Diane Chin	Ning Chen	$230,000.00	45 Oval Road Unit 32
Michelle A. O'Brien	Steven Gogos	$382,000.00	120 Holmes Street Unit 318E

Good Start To 2017 Real Estate Season, Register Reports

Register of Deeds William P. O'Donnell reported a good but not spectacular start to 2017 Norfolk County real estate scene.

While sales volume exhibited a modest increase, lending activity showed solid gains in both the number of mortgages recorded and the overall amount of money lent to home and business owners.

During the month of January 2017, the total volume of residential and commercial real estate sales increased by 3 percent to $532 million from the previous January. The average sale price, again including both residential and commercial, did not show any statistical change from January 2016. The average sale price for the month was $678,916.

"While the number did not pop, Norfolk County did hold its own," O'Donnell said.

On the other hand, lending activity was more robust in January than compared to one year ago with a total of 2,282 mortgages recorded, a significant 15 percent increase from the previous year.

"What these numbers prove," O'Donnell said, "is that consumers and business people continue to take advantage of relatively low interest rates in a historical context. Some of the increase in mortgage activity may also be tied to interest rates starting to creep up."

In addition, total mortgage lending in January increased an eye-popping 131 percent to $1.7 billion. This figure was influenced by a $573 million mortgage taken out against Quincy property in early January.

Norfolk County foreclosure activity was a mixed bag in January. The bad news was 30 foreclosure deeds were filed compared to 15 the previous January, a 100 percent increase. The good news was a significant decrease in the number of Notice to Foreclose Mortgage filings, the first step in the foreclosure process. A total of 41 Notice to Foreclose Mortgage filings were recorded in January compared to 97 in January, 2015.

"As I have stated many times, one foreclosure deed filing is one too many," O'Donnell said. "However I do continue to be encouraged by the trend lines relative to foreclosure activity. As we saw in the fourth quarter 2016, there continues to be a reduction in the number of Notice to Foreclose Mortgage filings, which could have been triggered by the state's low unemployment rate of 2.8 percent, the lowest in 16 years.

"With that said, some of our neighbors do continue to face economic hardship. The Registry continues to partner with Quincy Community Action Programs at (617) 479-8181 x-376 and NeighborWorks Southern Mass at (508) 598-0950 to help anyone who has received a Notice to Foreclose Mortgage from a lender.

"Another option for consumers is to call the Massachusetts Attorney General's HomeCorps program at (617) 573-5333. I urge anyone who is facing a foreclosure issue to avail themselves of these excellent programs."

However, a source of good news was Norfolk County homeowners continuing to avail themselves of the Homestead Act.

"A Homestead," said O'Donnell, "provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to $500,000. I urge homeowners who have not recorded a Homestead against their primary residence to consider this valuable consumer protection tool."

In conclusion, Register O'Donnell said:

"Overall, when considering all the indicators January was a good month for real estate activity in Norfolk County. The county held its own relative to property sales. Additionally, homeowners continue to avail themselves of the relatively low interest rates. As long as the economy remains sound, I am hopeful that the Norfolk County real estate market can gain further momentum."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds, located at 649 High Street, Dedham is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or on the web at www.norfolkdeeds.org.

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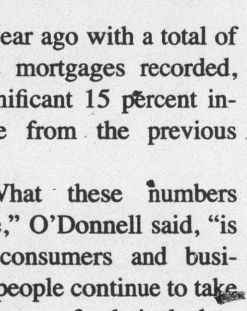

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SUN FUN PAGE

King Crossword

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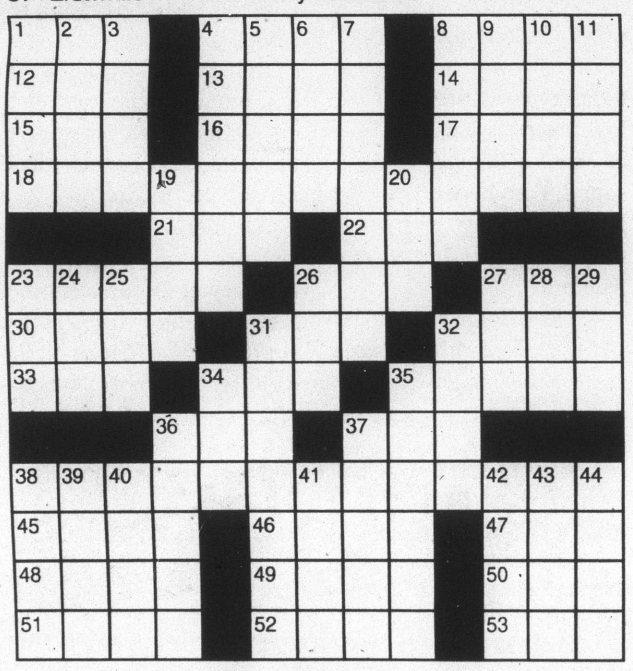
1 One of the kin
4 Genie's home
8 Green or Rogen
12 Noshed
13 Bloodhound's clue
14 Temptation
15 Cribbage scorer
16 Unescorted
17 Belligerent deity
18 Insignificant sum
21 Still
22 Last letter
23 Pollster's find
26 Moment
27 Moo goo gai pan pan
30 Deception
31 Solidify
32 Marathon fraction
33 Mel of Cooperstown
34 "Family Guy" airer
35 Annie's dog
36 Botheration
37 Erstwhile acorn
38 Universe explanation
45 Vicinity
46 Greek vowel
47 Court
48 Inmates
49 Watchful one
50 Drag along
51 Dandling site
52 Whodunit writer Paretsky
53 Vast expanse

DOWN
1 Fools
2 Thing
3 Genesis maker
4 Hung lazily
5 Take as one's own
6 Stereo forerunner
7 Tavern snack
8 Chalkboard
9 Continental coin
10 Almond or pecan
11 Pianist Dame Myra
19 Bobcat kin
20 Early nuclear org.
23 However, in verse
24 Deterioration
25 Dine on
26 Driver's license datum
27 Triumph
28 Bygone
29 Crucial
31 Treasure seekers in a 1985 movie
32 Create
34 Rx watchdog grp.
35 About 30 percent of Africa
36 Lower in rank
37 Playful water critter
38 Endorse
39 Press
40 Heredity unit
41 "The Third of May 1808" painter
42 They give a hoot
43 Libertine
44 Relaxing practice



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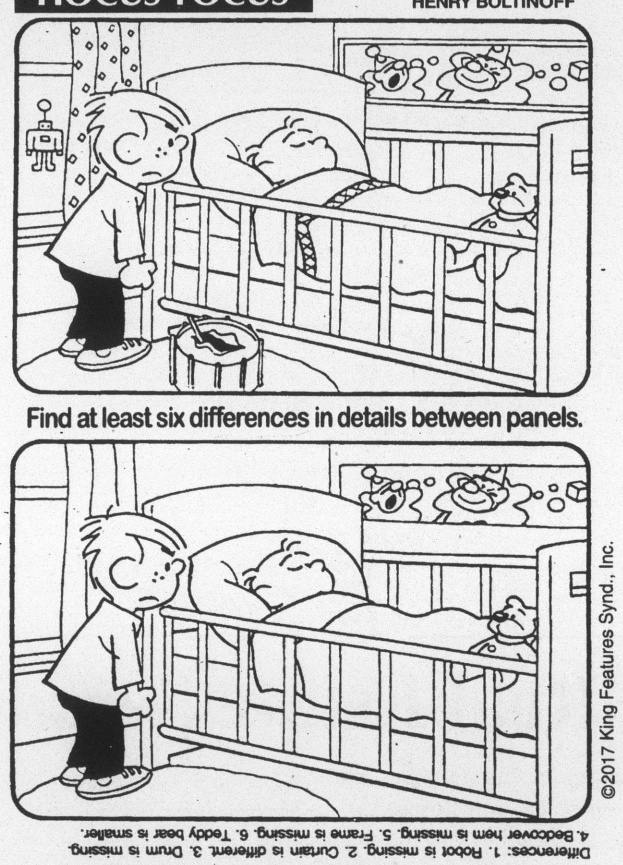
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Robot is missing. 2. Curtain is different. 3. Drum is missing. 4. Bedcover ham is missing. 5. Frame is missing. 6. Teddy bear is smaller.

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Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What are residents of Guam called?

2. GEOLOGY: What kind of mineral produces an emerald?

3. MUSIC: Who is godfather to John Lennon's son Sean?

4. ZODIAC: What is the symbol for the zodiac sign Sagittarius?

5. ANATOMY: What does the "superior vena cavae" do in the human body?

6. U.S. GOVERNMENT: Who was the first vice president of the United States?

7. FOOD & DRINK: What vegetable gives borscht its color?

8. GENERAL KNOWLEDGE: What fraternal organization's motto is "We Serve"?

9. LITERATURE: Who wrote the Christmas novel, "The Cricket on the Hearth"?

10. EXPLORERS: Which explorer was nicknamed "The Pathfinder" for mapping the Oregon Trail?

Answers

1. Guamanians
2. Beryl
3. Elton John
4. The archer
5. Carries blood from the upper body to the heart
6. John Adams
7. Beet
8. Lions Clubs
9. Charles Dickens
10. John Fremont

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Salome's Stars

ARIES (March 21 to April 19) The adventurous Aries won't be disappointed with taking on a new challenge, despite some initial misgivings. Look for this move to open other opportunities down the line.

TAURUS (April 20 to May 20) Let that beautiful Bovine smile not only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers around you. A new admirer has important news.

GEMINI (May 21 to June 20) Be careful how you handle a relationship that you're hoping to save. You already have the facts on your side. Avoid weakening your position by embellishing it with unnecessary dramatics.

CANCER (June 21 to July 22) Taking definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your decision, but also reassure others it was the right thing to do.

LEO (July 23 to August 22) As a proud Lion, you're right to be upset about those who might be lying about you to others. But the best revenge is proving them wrong by succeeding at what you set out to do.

VIRGO (August 23 to September 22) Caution is still advised before making a financial commitment to a "promising" project. Look for the facts behind the fluff. Devote the weekend to loved ones.

LIBRA (September 23 to October 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experience that will help you avoid similar problems in the future.

SCORPIO (October 23 to November 21) A romantic situation creates some chaos for single Scorpions. But it's well worth the effort to work things out. A trusted friend can offer some helpful advice.

SAGITTARIUS (November 22 to December 21) Expect to make new friends as your social circle expands. Also, remember to tell that family member how proud you are of his or her achievements.

CAPRICORN (December 22 to January 19) New ventures continue to be favored. And with your self-confidence rising all the time, you'll want to see how well you can do with a new challenge. So, go to it.

AQUARIUS (January 20 to February 18) This is a good time for the usually "serious-minded" Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.

PISCES (February 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when necessary. But don't let yourself be talked into changing your decisions.

BORN THIS WEEK: You have a gift for bringing people together. You would make a fine judge or counselor.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **U** equals **S**

AKOF AJVIU SJNTI XJN NUC ZH VCECVCHSC FJ BVJNMU JE VCBNTOV, SJRRJH UOZTJVU? FKC OKJX MJTTJZ.

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MAGIC MAZE ● PIANO —

S P L I E A X T Q N J G C Z W
T Q N J G K R D A X U R O L J
G D A X V E S P E N W K I F C
A X V S K Y Q T O L I J H E C
A X M A N B R V T R R L R P N
L J M H T O F E D B E S Y X V
T R P O F A I S H S P Y M K I
G E D B Z R N T S C M E A X W
U T N O I D R O C C A K R L Q
O N L J I A N O S A D E G F P
D C A Y B X W L R E N U T V T

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Accordion, Action, Bar, Damper, Forte, Keyboard, Keys, Lesson, Maker, Man, Player, Sonata, Teacher, Tuner, Wire

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Wishing Well®

6	4	7	2	4	2	5	7	4	3	4	3	6
O	L	B	L	I	O	A	E	F	L	E	I	P
5	3	5	2	7	2	5	2	8	5	3	6	4
L	F	L	V	P	E	O	O	I	W	E	E	C
8	5	4	2	6	4	7	4	5	8	4	5	8
M	F	H	F	N	A	R	N	O	P	G	R	O
5	2	8	6	4	8	3	5	6	8	6	8	5
L	J	R	Y	E	T	I	E	O	A	U	N	I
6	7	6	5	2	3	4	3	7	8	2	3	5
R	E	M	S	U	S	S	P	P	T	S	E	U
2	5	8	5	3	6	2	7	6	3	8	7	8
T	R	M	E	A	I	I	A	N	C	E	R	E
6	2	8	3	7	3	8	3	8	2	3	8	7
D	C	T	E	E	F	I	U	N	E	L	G	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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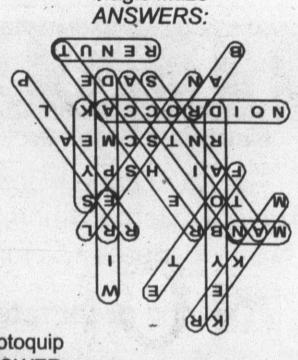
— King Crossword —
Answers
Solution time: 24 mins.

Magic Maze
ANSWERS:



Cyptoquip
ANSWER:

What words could you use in reference to groups of regular, common sailors?
The ahoy polloi.

Religion

Quincy Point Congregational Church

Weekly worship begins 10 a.m. at Quincy Point Congregational, 444 Washington St.

This Sunday Rev. Stan Duncan will be preaching. The church is handicap accessible via the Abbey Road side of the building.

After worship all are invited downstairs in the social hall for fellowship, coffee and light refreshments.

The deadline to place a commemorative brick in the Circle of Gratitude Garden at the Abbey Road side of the building is Feb. 26th. Bricks remember a loved one, honor a veteran, commemorate a family occasion, record the name of a local business or organization, or send a message of encouragement to future generations. Call the church office at 617-773-6424, email office@quincypointcong.org or visit quincypointcong.org (see bottom of home page) to obtain an order form.

Houghs Neck Congregational Church

The Sunday morning worship service at the Houghs Neck Congregational Church, 310 Manet Ave., starts at 10 a.m.

Pastor Felix Carrion will lead the service, give the Children's message and deliver his sermon, "The Shared Life." Liturgist Shirley Pearson will call to worship and read the scripture lesson.

Nancy Jacobs and Janice Hughes will serve for the Diaconate. Steve Reed, Minister of Music will direct the choir.

A fellowship coffee hour hosted by Nancy Jacobs follows the service. Everyone is welcome.

Tuesday evening at 7 p.m. the Seaside Social Club is hosting a Game Night.

It is school vacation so families are welcome. Refreshments will be served. Business meeting for members at 6:30 p.m.

The Diaconate meets today (Thursday) at 1:30 p.m. in the Gordon Room.

Yoga sessions with Amy Ross for February are Thursday, Feb. 16 and 23 at 7 p.m. and Saturday, Feb. 25 at 10 a.m. Bring a mat, water and $5.

Bethany Congregational Church

On Sunday, February 19, Bethany Congregational Church, Quincy Center, will have Worship Service and Sunday School at 10:00 a.m. The William C. Harding will conduct the service and preach the sermon entitled "Spirit of God." Fellowship with light refreshments will follow service.

All are welcome to attend Bethany Church Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

Please visit us at our Web Page: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service on Sundays, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

Seaside Social Club Game Night

The Seaside Social Club of the Houghs Neck Congregational Church,

310 Manet Ave. will meet on Tuesday, Feb. 21st in the coffee room (right wing off sanctuary).

Come to play some games and win prizes beginning at 7 p.m.

Refreshments will be served. Members will have a business meeting at 6:30 p.m.

The game night program is open to all, so bring your family since it is school vacation week.

More Church News is Online at www.thequincysun.com

52 Quincy Students On AWHS Honor Roll

Fifty-two students from Quincy made the second quarter honor roll at Archbishop Williams High School in Braintree.

PRINCIPAL'S LIST

Grade 9: Meghan Cormican, Lauren George, Taryn Healy.

Grade 10: Eoin Varden.

Grade 11: Hannah Bell, Caroline Bloomer, Kim Dang, Kimberly Dunn, Steven McCormack.

Grade 12: Christian Connors, Aine Curran, Colleen O'Callaghan, Karan Patel.

FIRST HONORS

Grade 8: Madison Stevens.

Grade 9: Taylor Burgess, Colleen Goulart, Grace Kennedy.

Grade 10: Alexander Kennedy, Olivia Notarangelo, Brandon Sullivan.

Grade 11: Olivia McDonnell, Khoa Tran.

Grade 12: Karthikeyan Arumugam, Brendan McClelland, Timothy Riley, Davis Stewart.

SECOND HONORS

Grade 7: Jacqueline Brown.

Grade 9: Andrew Bradley, Brendan Donovan, Andrew Feterowski, Julia Keldsen, Thoa Tran Khuu, Megan Miller, Landon Pierron.

Grade 10: Madison Ayles, Ella Piroli, Monica Spain, Zachary Zammito.

Grade 11: Michael Bustillo, Julia Geary, Stephen George, Shannon Kelley, Daniel Sherwin, Sydney Shuttleworth, Thomas Veasey.

Grade 12: Hannah Cunniff, Jaclyn Donahue, Jaclyn McEachern, Marcella Natale, Joy Patel, Madelyn Stevenson.

CPR AED Certification Course

Health Ed of New England will hold a Heartsaver CPR AED certification course for childcare providers and the public Tuesday, March 7 from 6:30 to 10 p.m. at Christ Church, 12 Quincy Ave., Quincy.

Learn to save the life of an adult, child and infant victim.

The cost is $45 per person.

The course requires preregistration by Monday, March 6. For more information, call 800-434-6000 or visit www.healthednewengland.com.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

HOPE PEACE

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm,
Handicapped accessible & Handicapped parking, side entrance air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will preach the sermon "The Shared Life"
All are welcome to attend
FELLOWSHIP COFFEE HOUR FOLLOWING SERVICE

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service and Sunday School at 10AM
Rev. William C. Harding will conduct the service and preach the sermon "Spirit of God"
Child Care Available
For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service
The church is wheelchair accessible

QUINCY POINT CONGREGATIONAL
444 Washington St . • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

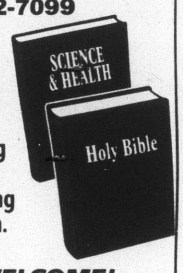
Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Church of Christ

CHURCH OF CHRIST IN MILTON
330 Edge Hill Rd.,
Milton, MA 02186 • 617-274-2409
www.churchofchristinmilton.org
Maurice Davis, *Minister*
SUNDAY WORSHIP
8AM, 11AM and 6PM
Sunday Bible Study 9:45AM
Tuesday Bible Study 11:00AM
Wednesday Bible Study 7:00PM
3RD Friday – Couples 7:30PM
4TH Friday – Youth 7:30PM

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.


ALL ARE WELCOME!

Nazarene

Wollaston
Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service
(Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Bev Keuther, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617.472.5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Dr. Susan Jarek-Glidden, Pastor

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

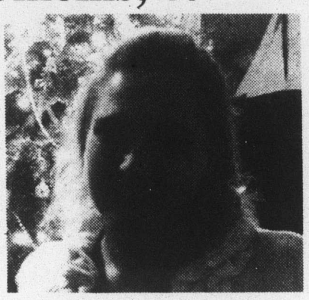
To Advertise in this Directory, Call 617-471-3100

OBITUARIES

Lillian M. Shionis, 46

A funeral service for Lillian M. "Lilly" Shionis, 46, of Quincy, was held Feb. 11 in the First Church of Squantum.

Ms. Shionis died suddenly and peacefully on Feb. 2.



LILLIAN M. SHIONIS

She was the daughter of the late and loving couple Lillian (McCarthy) Shionis and Theodore Shionis of Quincy. She is survived by her two amazing and beloved daughters, Keryn Shionis of Sharon and Kiley Shionis of Quincy. Also by her brothers and sisters, Theodore Shionis Jr. of Weymouth, Christopher Shionis of Holbrook, Kathy Shionis of Weymouth, Mary Donnelly of Stoughton, Ruth Freeman of Sharon and their beloved spouses.

Ms. Shionis has an abundance of friends, cousins, uncles, nieces, and nephews who mourn her sudden passing.

Funeral arrangements were made by Lydon Chapel for Funerals, 644 Hancock St., Quincy.

Private interment.

Agnes R. Doyle, 96

A Mass of Christian Burial for Agnes R. Doyle, 96, of Quincy, was celebrated Feb. 9 in St. Ann's Church, Quincy.

Mrs. Doyle died Feb. 6 at Harbor House in Hingham.

She was the devoted wife of 31 years to the late Edward J. Doyle. Born and raised in South Boston, she was the youngest of five children born to the late Michael J. & Mary (McCauley) Swanton, and a 1938 graduate of South Boston High School.

Mrs. Doyle was a longtime Quincy resident and parishioner of St. Ann's Church, where she was a member of the women's group. She served as a Girl Scout leader during her daughters' adolescent years, and had worked as a sales girl at the former Remick's Dept. Store in Quincy.

She was the loving mother of Audrey A. Sirois of Quincy, the late Diane Cunningham and the late Elaine Bryan. Cherished grandmother of Shawn Cunningham, Sheryle Doyle, Scott Cunningham, Keith Bryan, Keri Chojnowski, Rene Sirois and Brad Bryan. She was the sister of the late Gertrude Flynn, Mary Albertazzi, Alice Scarlata and James Swanton. Also survived by 11 great-grandchildren, 1 great-great-grandson, extended family and friends.

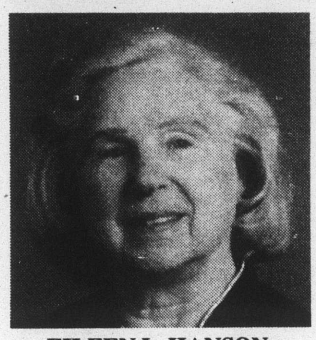
Funeral arrangements were made by the Hamel, Wickens and Troupe Funeral Home, 26 Adams St., Quincy.

Memorial donations may be made to Beacon Hospice, 32 Resnick Rd., Plymouth, MA 02360.

Eileen L. Hanson

A graveside ceremony for Eileen L. (Dares) Hanson of Quincy was privately held at Blue Hill Cemetery in Braintree.

Mrs. Hanson died peacefully Feb. 1 surrounded by loving friends and caregivers at Sunrise of Braintree Assisted Living.



EILEEN L. HANSON

She was born in Back Centre, Lunenburg County, Nova Scotia. She was the daughter of Mable Blanchard Heisler and George Enos Dares; decedents of two of the earliest land grant holders in that part of Nova Scotia. She immigrated to the Boston area with her mother in 1925, eventually settling in Quincy where she spent the next 84 years of her life. She became a U.S. citizen in 1933. She attended the Parker Elementary School, North Quincy High School and Burdett College in Boston. She worked as a secretary for Robbie Coal and Oil during the war.

She grew up in a musical household, which hosted a steady stream of friends, and family members with close ties down home in Nova Scotia. In her younger days, Mrs. Hanson enjoyed tap dancing, playing the piano, and doing acrobatics. She claimed she could do cartwheels and flips the length of Carle Road. She spent many fine long summer days swimming and baking herself extra crispy at Wollaston Beach.

She married her husband Lester E. Hanson of Bar Harbor, Maine, in 1945; a loving marriage that lasted 63 years until Les died in 2009. They went out dancing at local VFW posts at least once a week for many years, even though she said she had two left feet.

Mrs. Hanson loved to travel. She spoke often of an auto trip she and her mother Mabel took out to California by themselves, in the late '30s, traveling hundreds of miles on dirt roads, through wild country with primitive accommodations along the way. She also did many trips to Nova Scotia with her family to visit her Uncle Kenny and Aunt Lottie Heisler on their farm in Lunenburg County. She loved their son Gerald as the big brother she never had.

Mrs. Hanson and Les were longtime summer residents of Bar Harbor and enjoyed many good times with Lester's large family as well as the beautiful scenery of Acadia National Park.

Mrs. Hanson is survived by her son David L. Hanson of Albuquerque, a retired physicist formerly of Sandia National Laboratory, and Kenneth E. Hanson of Quincy and Bar Harbor.

The family would like to thank all the caregivers at Sunrise of Braintree and her hospice nurses at Ascend for the excellent care that she received over her last four years.

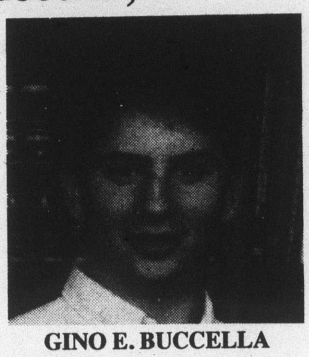
Memorial donations may be made to Friends of Acadia, PO Box 45, Bar Harbor, ME 04609 or to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

Arrangements by Keohane Funeral Home, 785 Hancock St., Quincy.

Gino E. Buccella, 51

A funeral service for Gino E. Buccella, 51, of Quincy was held Feb. 11 in Quincy Community United Methodist Church.

Mr. Buccella died at home on Feb. 4.



GINO E. BUCCELLA

Born in Milton, he was the son of Elizabeth (Yoerger) Buccella of Quincy and the late Gino G. Buccella. He attended both Weymouth North High School and Quincy High School. Mr. Buccella served in the US Army. For several years he was employed as a laborer for various companies. He enjoyed fishing and time spent with family and friends.

Besides his mother he is survived by a sister, Cindy Trillcott and her husband Ken of Quincy; a brother, Michael Buccella of Weymouth; two nieces, Leah O' Sullivan and Amy Trillcott. He was also the brother of the late Robin O' Sullivan and uncle of the late Michael Trillcott.

Private interment at a later date.

Memorial donations may be made to the Quincy Community United Methodist Church, 40 Beale St., Quincy, MA 02170.

Arrangements by the Bolea-Buonfiglio Funeral Home, 116 Franklin St., Quincy.

Edwin C. Johnson, 73

A funeral Mass for Edwin C. Johnson, age 73, of Norfolk, formerly of Quincy, was celebrated Tuesday in Saint Mary's Church, 95 Crescent St., West Quincy.

Mr. Johnson died Feb. 10 at the Charlwell House in Norwood.

He was born in Quincy on Aug. 25, 1943 to the late Edwin G. and Anna (Monti) Johnson.

He was raised in Quincy and was a graduate of Quincy High School, Class of 1961. He was also a graduate of Boston University, Class of 1965 and received an M.B.A. from the American International College in Springfield in 1971. He had lived most of his life in Norfolk.

Mr. Johnson had worked as an accountant for more than 40 years.

Beloved husband for 51 years of Francena M. (Hanks) Johnson.

Devoted father of Edwin C. Johnson, Jr. and his wife Anne Burtenshaw of Hopkinton and David E. Johnson and his wife Kara Strong of Silver Spring, MD.

Loving grandfather of Thomas Johnson, Christopher Johnson, William Johnson and Jacob Johnson.

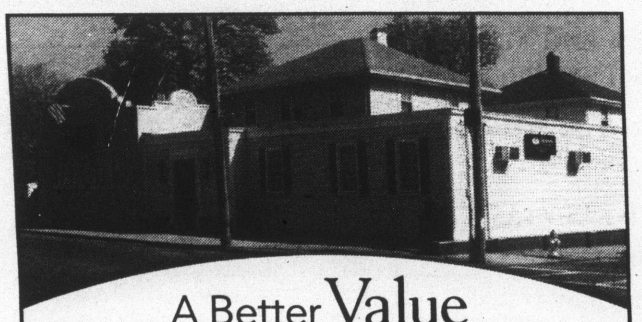
Brother of Elizabeth A. Triglia of Quincy and Rumarock.

He is also survived by many nieces and nephews.

Interment was in Blue Hill Cemetery, Braintree.

Funeral arrangments were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the Alzheimer's Association, 480 Pleasant St., Watertown, MA 02472.



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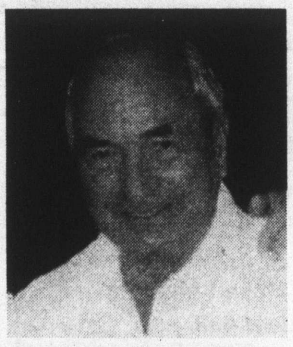
A Special Thank You



EDWARD W. NARDONE, QFD RET.

The Family of Edward W. Nardone, QFD Ret.
wishes to extend a special thank you to
Chief Joseph Barron and the Quincy Fire Department,
Chief Paul Keenan and the
Quincy Police Department,
the Quincy Police Motorcycle Unit, the U.S. Marines,
and Norfolk County Sheriff Michael Bellotti
for all your help and assistance to us
during our recent bereavement.
Your kindness was deeply appreciated
and will always be remembered.

Barbara Nardone, Edward R. Nardone and Family

OBITUARIES

Janice M. Kelley, 75

JANICE M. KELLEY

A funeral service for Janice M. (Haygarth) Kelley, age 75, of Braintree, formerly of Quincy, will be held Friday, Feb. 17 at 7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Kelley died peacefully surrounded by her family Feb. 8.

The beloved wife of the late Robert J. Kelley, Ret. QFD.

Cherished mother of Joan M. Edson and her husband Mark of Southborough, Robert J. Kelley Jr. and his wife Deborah of Worcester, James J. Kelley,QFD and his wife Terry of Weymouth, Nancy K. Davis and her husband Tim of Naples, FL, Maureen G. Spavento and her husband Joseph of Quincy, Mary J. Sweeney and her husband Stephen of Hingham and the late Paul F. Kelley.

Sister of Joyce Johnson of Whitman, Walter Haygarth of CA and the late Carol Ann Haygarth. Devoted grandmother of Jennifer Hoey, JT Kelley, Deana Spavento, Kelley O'Shea, Michael Spavento, Laura Davis, Steven Spavento, David Oronte, Shannon and Dylan Kelley, Daniel Oronte, Cameron Kelley, Jack and Julie Edson and Ryan Kelley. She is also survived by 13 great grandchildren and many nieces and nephews.

Mrs. Kelley worked as an office manager at the Town Brook House in Quincy for more than 25 years. She was a member of the Presidents Golf Course and loved playing golf.

She thoroughly enjoyed traveling especially to the Caribbean Islands. Later in life she became an avid reader and enjoyed travel to Foxwoods.

Her family was the most important aspect of her life. She was devoted to each of them and although they are broken hearted they feel blessed to have had her in their lives. She will be sadly missed.

Visiting hours are Friday from 4 to 7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Private burial at a later date in Mount Wollaston Cemetery, Quincy.

In lieu of flowers, memorial donations may be made to Quincy Fire Relief Association , 40 Quincy Ave., Quincy, MA 02169.

William F. Sybertz, 88

WILLIAM F. SYBERTZ

A funeral Mass for William F. Sybertz, age, 88, a longtime Quincy resident originally from Dorchester, was celebrated Wednesday at 10:30 a.m. in Sacred Heart Church, North Quincy.

Mr. Sybertz died Feb. 11.

The beloved husband of the late Ellen (Sullivan) Sybertz. Father of Rosaleen MacAuley and her fiance John Berg of Wilmington. Brother of Leo Sybertz of West Roxbury, Sister in law of Joyce Sybertz of Walpole. Jerome F. Sybertz and his wife Debra of West Roxbury and the late Gerald and Claire A. Sybertz.

Grandfather of Daniel MacAuley of Dorchester.

He is also survived by many nieces and nephews.

Bill was a detailed perfectionist in his trade of carpentry and a proud member of Local #33. He served in the U.S. Army during the Korean Conflict. He loved to fish in his free time.

He will be remembered as a kind and caring gentleman who was always willing to lend a hand. He will be sadly missed by all those who knew him.

Visiting hours were Wednesday from 9 to 10 a.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Burial in St. Joseph's Cemetery, West Roxbury.

Memorial donations may be made to the Maryknoll Fathers, 55 Ryder Road, Ossining, NY 10562.

Bernard Creedon

A funeral Mass for Bernard Creedon was celebrated in St. Agnes Roman Catholic Church in Greenport, N.Y.

Mr. Creedon died Jan. 21.

He was a native of Quincy and a 1955 graduate of NQHS. As a child, he and his siblings played in what is now Creedon Field across from their home. In high school, Mr. Creedon was co-captain of the football team, played basketball and ran track. He was president of the senior class and a Boys State representative.

Mr. Creedon graduated from Boston University (BS), Queens College, N.Y. (MS), and Long Island University (Professional Diploma)

In 1959, he married his high school sweetheart, Patricia Lundy, at St. Ann's Church in Wollaston and they moved to Long Island where he taught in the Sachem School District, coached football and was president of the teachers association. Mr. Creedon also taught in the Riverhead, N.Y., School District where he introduced an innovative team teaching program, directed student plays and coached junior high football.

He was principal of the Mt. Sinai Middle School and during his tenure it was named a New York State Blue Ribbon School of Excellence.

Mr. Creedon was vice president of the Middle Country School Board for many years, He was a parish trustee in the two parishes he resided in. He was a Eucharistic minister. He also coordinated and taught the confirmation program, volunteered in the homeless program and coached youth sports teams.

In retirement, Mr. Creedon supervised student teachers for Dowling College, operated a tutoring agency, recruited teachers for the American School in Kuwait and was the legislative chairman for the East End Retired Teachers Association.

In addition to his wife Patricia he leaves five children: Daniel (Melanie), Cara McCarthy (Robert), Joseph (AnnMarie), Kevin (Amelia) and Marc (Beth), and twelve grandchildren.

Mr. Creedon lived a life of service to his family, his students, his church and his community.

Sharron Beals

SHARRON BEALS

Sharron Beals, 77, a resident of Mansfield for the past 30 years, died Feb. 7 at her home under the care of her family. She was the beloved wife of Robert Beals, to whom she was married for over 30 years.

Born in San Diego, California and a graduate of San Diego State University, Mrs. Beals served as executive director for the Seneca County Commission on Aging in Tiffin, Ohio before making her way to the East Coast to attend the Harvard Kennedy School, where she obtained a master's degree in Public Administration.

She was a passionate and dedicated advocate for children and seniors, as reflected by her service at Beechwood on the Bay Community Life Center in Quincy, a nonprofit she led as Executive Director for 18 years.

Those who knew Sharron will forever remember her as being full-of-life, love, creativity, humor, and strength and never at a loss for words. She loved doing for others and finding occasions, ways, and things to celebrate every day of her life.

In addition to her husband, Robert, Sharron is survived by her sister, children and grandchildren who will miss her dearly: Evelyn and Bruce Anderson of Winchester, CA; Jay and Melissa Nohr of Marietta, GA and their children Dillon, Nathan, Jacob, and Olivia; Stacy and Gus Johnson of Marietta, GA and their children Cole and Ava; Charles and Cindy Beals of Santa Clarita, CA and their son Eric; as well as John and Sharon Beals of Easton, MA and their daughters Sarah and Emily.

Relatives and friends are respectfully invited to attend visiting hours at the Bolea-Amici Funeral Home, 115 North Main St., Mansfield from 5 to 8 p.m. on Wednesday, Feb. 22nd.

Interment will take place at the Massachusetts National Cemetery, Bourne Thursday, Feb. 23rd at 10:30 a.m.

More Obituaries On The Quincy Sun's Website: TheQuincySun.com

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In Loving Memory
On Your First Anniversary
February 12, 2016

Bernice Mader
Missed and loved so much by Suzan and Sandra and all who knew her.

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Planning and Community Development

Thomas P. Koch
Mayor

James J Fatseas
Planning Director

INVITATION TO BID

The Department of Planning and Community Development for the City of Quincy, Massachusetts is seeking sealed bids for **Ross Garage Area Utility Improvement Project Phase 3** until **11:30 a.m.** local time Thursday, March 2, 2017, in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The Work under this Contract includes, but is not limited to, water, drain and sewer infrastructure installation and relocation; relocation of drainage discharges from active existing siphon and pump station; surface restorations, curb-to-curb milling and overlay, and all materials, equipment, services and construction inherent to the Work.

All Work under this Contract shall be substantially complete by June 16, 2017 and completed June 30, 2017.

Detailed specifications will be available February 15, 2017 at no cost on-line at https://www.quincyma.gov/govt/depts/purchasing/bids.htm. Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM for a refundable printing charge of $100.00 if returned 10 days within Bid opening and in unused condition

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch, Mayor
James J Fatseas, Director of Planning and Community Development
Kathryn R. Hobin, Chief Procurement Officer
2/16/17

PUBLIC NOTICE

PUBLIC NOTICE
2017 - 021

Presently pending in the Ordinance Committee of the Quincy City Council to be passes at a later date:

BE IT ORDAINED, that the City of Quincy Zoning Ordinance be amended as by replacing the selected language as follows;

in Title 17 - City of Quincy Zoning Ordinance
Section 2.0 Districts

2.1.1 General. - For the purpose of this Ordinance, the City of Quincy is divided into the types of zoning districts set forth below:

DISTRICT	PURPOSE
Residence Districts:	
Residence A	Single family
Residence B	Single family, two-family, three-family
Residence C	Multifamily, medium density

Section 4.0 Dimensional Regulations
4.3.6 Exceptions to Yard Regulations.
2. Residence B District. In a Residence B District no side yard shall be less than fifteen feet.

SECTION 10.0 DEFINITIONS

Dwelling: A building designed for occupancy as the living quarters for one or more families, but not a trailer or mobile home.

Single family dwelling means a building designed for occupancy as a residence and substantially separated by side yards from any other structure except accessory buildings.

Two-family dwelling means a building designed for occupancy as a residence for two families, each occupying a single dwelling unit.

Three-family dwelling means a building designed for occupancy as a residence for three families, each occupying a single dwelling unit.

Multifamily dwelling means a building or structure designed for occupancy as a residence by more than two families, but not including: attached dwellings; an apartment house.

Dwelling Unit means one or more rooms forming a habitable unit for one family and complete and independent housekeeping facilities. Where a dwelling has more than one kitchen, the burden of proof shall be upon the owner to show that the premises constitute not more than one dwelling unit.

TABLE OF USE REGULATIONS

APPENDIX A

PRINCIPAL USE

Principal Use								
A. Residential Use	**RA**	**RB**	**RC**	**BA**	**BB**	**BC**	**IA**	**IB**
Single-family dwelling	Y	Y	Y	Y	Y	N	N	N
Two-family dwelling	N	Y	Y	Y	Y	N	N	N
Multi-family dwelling	N	Y	Y	PB	PB	Y	N	N
Trailer or mobile home	N	N	N	N	N	N	N	N
Lodging or boarding home	N	N	Y	N	Y	Y	N	N
Dormitory	N	N	Y	N	Y	Y	N	N
Fraternity or sorority on campus site	N	N	Y	N	Y	N	N	N
Assisted living facility	N	N	BA	N	BA	BA	N	N
Mixed use	N	N	N	BA	BA	BA	N	N

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-18

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Michael & Maureen Gallagher for a Special Permit/Flood Plain/Variance to raze the existing structure and rebuild a new 3.5 story structure on the existing foundation in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 8.1.6 (coastal hazard area) on the premises numbered 734 SEA STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-17

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of Lenny Chen for a Finding to change the use from office to retail in violation of Title 17 as amended Chapter 3.4.2 (nonconforming use) on the premises numbered 657 ADAMS STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-19

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169. On the application of William Wiggin for a Variance/Finding to construct a second story addition over the attached garage for a master bedroom in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 82 MYOPIA ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

PUBLIC NOTICE

PUBLIC NOTICE
2017 – 022

Presently pending in the Ordinance Committee of the Quincy City Council to be passes at a later date:

BE IT ORDAINED, that the City of Quincy Zoning Ordinance be amended as follows;

in Title 17 - City of Quincy Zoning Ordinance, Section 3.0 Use Regulations, 3.1.4 Table of Use Regulations, Appendix A, Table of Use Regulations,

Table of Use Regulations is amended by adding the following footnote to Appendix A:

In Residence B Zoning Districts, no new building or structure shall be constructed for use as a multifamily dwelling, an apartment house, for apartments, or as attached dwellings or condominiums, and any existing building or structure within a Residence B zoning district shall not be arranged, designed, built, altered, converted, rented or leased to be used so as to result in an increase or extension of its use to or as a multifamily dwelling, an apartment house, for apartments, or attached dwellings or condominiums units, for a period of one (1) year from the date of approval of this section in conformance with the provisions of Chapter 40A of the Massachusetts General Laws.

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

2/16/17

SS YMCA Strypers Win Big At Maryland Swim Meet

Set New Records, Take Home Big Victories

The South Shore YMCA's Strypers had much to celebrate at their recent swim meet in Maryland.

Under the leadership of new Head Coach Bernie Dickman, the Strypers finished 5th overall, setting several personal and meet records in various stroke categories, and taking home many individual and team victories.

In the 11-12 Boys 200-yard races, the Strypers saw first place victories from the Medley Relay Team of Tommy Hagar, Andrew Tran, Preston Amos and Brock Mozoki, who set a new meet record time of 1:53.30, and the Free Relay Team of Preston Amos, Tommy Hagar, Reid Nussbaum, and Brock Mozoki, who finished with a time of 1:43.08.

Several Strypers swimmers won their individual events and set meet records, including Nick Toepfer in the 13-14 Boys 200-yard Backstroke at 1:53.78, and Alex Yun in the 9-10 Boys 50-yard Breast at 34.16.

The following Strypers swimmers finished first in their individual events: Emily Dobrindt in the 13-14 Girls 500-yard Free at 5:13.11; Brock Mozoki in the 11-12 Boys 50-yard, 200-yard and 100-yard Free at 23.77, 1:53.89, and 52.29, respectively; and Alex Yun in the 9-10 Boys 100 yard Breast at 1:16.12.

SOUTH SHORE YMCA Stryper's swim team recently competed in Maryland turning in strong performances and setting some personal and meet records in various stroke categories. The team also took home many individual and team victories.

Photo Courtesy South Shore YMCA

Tori Austin, Katherine Connolly, Conor Hughes and Nick Toepfer also made new YMCA National Time Standards.

In September 2016, Bernie Dickman signed on as the new Head Coach of the South Shore YMCA Strypers, bringing her experience, enthusiasm and expertise to the team. A native of Cincinnati, Ohio, she is a graduate of Xavier University where she earned a degree in Elementary Education and was captain of the women's swim team, earning Swimmer of the Year three consecutive seasons. In 1985, Bernie began her coaching career in Cincinnati as the head coach of Madeira Swim and Tennis Club, and since then, has worked in a variety of aquatics roles at different organizations around the country, helping them grow their swim programs and coach their teams to noteworthy victories.

Supervised Gym Programs During School Vacation

The Quincy Recreation Department will conduct an expanded schedule of supervised gym programs during the upcoming school vacation period, announces Recreation Director Barry Welch.

Gyms will be supervised from 9 a.m. to 1 p.m. for free activities for boys and girls from age 8 through high school. Eleven school gyms will be open in various neighborhoods throughout the city and will feature activities such as basketball, gym games and dodge ball.

Registration is done at each location and those ages 8 through grade 5 will attend from 9 to 11 a.m. Those in grade 6 through 12 will attend from 11 a.m. to 1 p.m.

Participants may attend the program of their choice. Some minor changes in times may occur in some locations to accommodate differences in enrollment.

In addition to the weekday schedule, the ongoing regularly scheduled Saturday morning programs will be conducted on Saturdays, Feb. 18th and Feb. 25th. Participants are requested to wear sneakers at all locations.

Including the Saturday locations, the department will supervise over 150 hours for free programming and will promote beneficial active lifestyles among Quincy's children.

"Over the vacation week these free programs are also well received by many of Quincy's working parents," Welch said.

There will be no programs on Monday, Presidents Day, Feb. 20th. The expanded schedule for the rest of the week is as follows:

The schedule of gyms for **Tuesday, Feb. 21st from 9 a.m. to 1 p.m.** is as follows: Atlantic Middle School, Central Middle School, Merrymount School, Montclair School, Point Webster Middle School, and Squantum School.

The schedule of gyms for **Wednesday, Feb. 22nd from 9 a.m. to 1 p.m.** is as follows: Atherton Hough School, Atlantic Middle School, Beechwood Knoll School, Point Webster Middle School, Snug Harbor School, and Sterling Middle School. Wollaston School will be open from 9 to 11 a.m.

The schedule of gyms for **Thursday, Feb. 23rd from 9 a.m. to 1 p.m.** is as follows: Atlantic Middle School, Central Middle School, Merrymount School, Montclair School, Point Webster Middle School, and Squantum School.

The schedule of gyms for **Friday, Feb. 24th from 9 a.m. to 1 p.m.** is as follows: Atherton Hough School, Atlantic Middle School, Beechwood Knoll School, Point Webster Middle School, Snug Harbor School, and Sterling Middle School. Wollaston School will be open from 9 a.m. to 11 a.m.

For additional information contact the Quincy Recreation Department at 617-376-1394 or visit the department's website: www.QuincyRec.com.

School Vacation Recreational Swim

The Quincy Recreation Department announces that the Recreational Swim Program at the Lincoln Hancock Community School will conduct a special schedule of recreational swims during the upcoming February school vacation.

The Quincy Recreation Department pool staff members, who are certified in accordance with the American Red Cross, will supervise recreational swims on Tuesday, Feb. 21st, Wednesday, Feb. 22nd, Thursday, Feb. 23rd, and Friday, Feb. 24th over school vacation week according to the following schedule:

Tuesday, Feb. 21st Schedule:

Day:

Family/ Youth Open Swim	11:00 a.m. – 1:00 p.m.

Night:

Family/Youth Swim	6:00-6:50 p.m.
Senior Swim	7:00-7:45 p.m.
Adult Swim	7:55-8:45 p.m.

Wednesday, Feb. 22nd Schedule:

Night:

Family/Youth Swim	6:30-7:20 p.m.
Senior Swim	7:00-7:45 p.m.
Adult Swim	7:55-8:45 p.m.

Thursday, Feb. 23rd Schedule:

Day:

Family/ Youth Open Swim	11:00 a.m. – 1:00 p.m.

Night:

Family/Youth Swim	6:00-6:50 p.m.
Senior Swim	7:00-7:45 p.m.
Adult Swim	7:55-8:45 p.m.

Friday, Feb. 24th Schedule:

Night:

Family/Youth Swim	6:30-7:20 p.m.
Senior Swim	7:00-7:45 p.m.
Adult Swim	7:55-8:45 p.m.

Persons with current valid pool membership cards may take part in all the above programs. Persons with-out current active membership may pay a guest fee at the Water Street entrance of the pool or sign up at any of the swims for a yearly membership.

For additional information please call the Quincy Recreation Department at 617-376-1394 or visit www.QuincyRec.com.

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT
NORFOLK DIVISION
DOCKET NO.
NO15P1484EA
GENERAL PETITION

To all persons interested in the ESTATE OF NORA SULLIVAN of QUINCY in the county of Norfolk:

A petition has been presented to said Court by THE COMMONWEALTH OF MASSACHUSETTS EXECUTIVE OFFICE HEALTH AND HUMAN SERVICES for authorization to COMPEL PAYMENT OF MASSHEALTH CLAIM for reasons more fully set out in said petition.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Canton before ten o'clock in the forenoon on the **8TH day of MARCH 2017**, the return day of this citation.

Witness, John D. Casey, Esquire, First Judge of said Court, this 1ST day of FEBRUARY, 2017.

PATRICK W. McDERMOTT
Register of Probate

2/16/17

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No: NO17P0238EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Anna Elizabeth Barra
Also Known As:
Anna E. Barra
Date of Death:
December 6, 2016

To all persons interested in the above captioned estate, by Petition of Petitioner **Maria G. Barra** of **Abington, MA** a Will has been admitted to informal probate. **Maria G. Barra** of **Abington, MA** has been informally appointed as the Personal Representative of the estate to serve **Without Surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

2/16/17

LEGAL NOTICE

CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT OF ESTATE
Docket No. NO09P2633EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
William W Bruinsma
Date of Death:
November 10, 1998

To all interested persons:

A Petition has been filed by: **Frederick N Pellegrini** of **Dedham, MA** requesting that an Order of Complete Settlement of the estate issue including to approve an accounting, compel or approve a distribution, adjudicate a final settlement, and other such relief as may be requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on 03/08/2017**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. John D Casey, First Justice of this Court.

Date: February 02, 2017

PATRICK W. McDERMOTT
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2/16/17

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NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-12

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Jody Luongo for a dimensional variance for floor area ration to construct a three unit, three story residential building in the Residence B zoning district in violation of Title 17, Sections 4.1 (dimensional regulations).

The parcel of land is located at 19-21 Trask Avenue and is shown as Lot 25 on Assessors' plan no. 4031.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-13

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of WinWin Properties, LLC for a Variance to rebuild existing front porch in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 7 MUIRHEAD STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-14

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of Jimie Wang for a Finding to enclose the second floor porch to enlarge the bedroom in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structure) on the premises numbered 9-11 HOVEY STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS
CASE NO. Z17-16

Pursuant to the provisions of TITLE 17 of the ***QUINCY MUNICIPAL CODE*** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, February 28, 2017** at **7:15 pm** in the **First Floor Meeting Room, Quincy City Hall,** 1305 Hancock Street, Quincy, MA 02169, on the application of 83 Dysart St, LLC, George Lang, manager for a Finding to demolish pre-existing non-conforming garage used for commercial purposes and replace with a 2-unit. 2.5 story residential structure in violation of Title 17 as amended Chapter 3.4.2 (nonconforming uses) and Chapter 3.4.3 (nonconforming structures) on the premises numbered 83 DYSART STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

2/9/17, 2/16/17

The Quincy Sun

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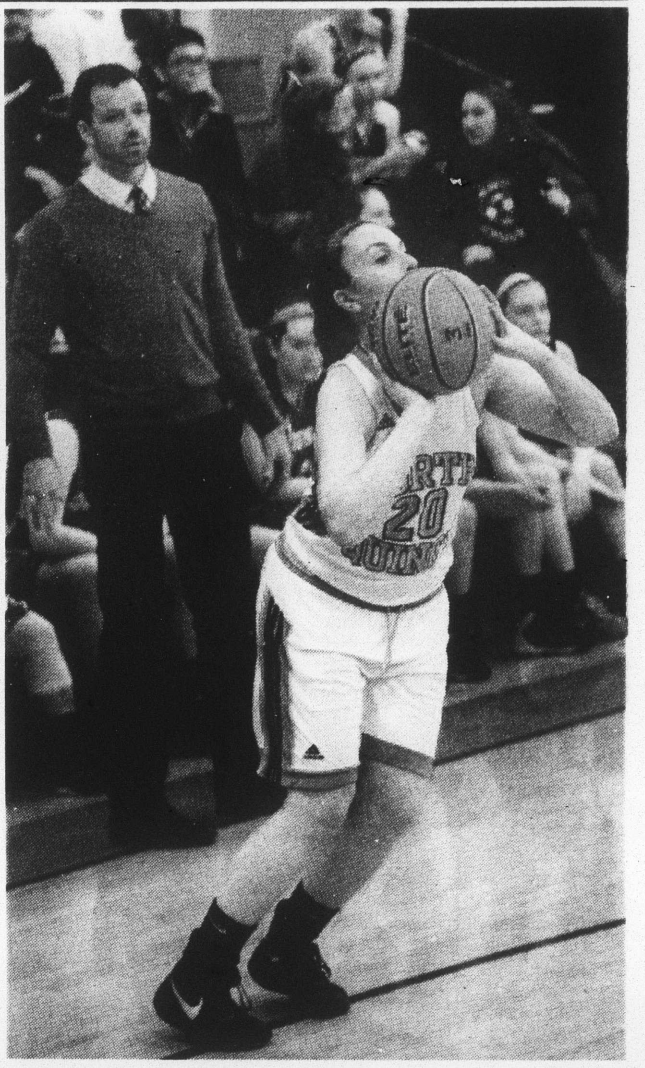
❑ Enclosed is $ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

QUINCY SOPHOMORE GUARD Gia Calabro releases a three-point shot as North Quincy's senior guard Kerin Coleman defends.

Quincy Sun Photos/Robert Bosworth



NORTH QUINCY'S Karyn McEvoy eyes a shot for the Red Raiders as Quincy coach Jeff Bretsch and the Presidents' bench look on.

Defense Leads NQ Girls To Big Win Over Quincy

Cont'd From Page 19

welcome that. We're a very good shooting team for the most part. We just struggled. A big game like this you get the jitters a little bit. Shots that normally go down don't go down. That's a little bit of what happened to us tonight."

Bregoli was pleased with the way his team amped up its defense and put pressure on the Quincy shooters. "Defensively, we were active," he said. "We were active with our hands and active in the zone. They weren't getting many clean looks. There are certain kids you have to pay attention to in that lineup, obviously. You can't stop them, but I think we did a pretty good job limiting them."

Cunningham led a 9-2 run at the end of the first quarter with a basket and two long three-pointers to put the Presidents up 13-7. That would be the last time Quincy would have the lead as the combination of strong defense and some timely shooting enabled the Red Raiders to pull away.

"This was a huge game," said Butka. "Defensively, we were able to stop some of their biggest weapons. Defense is our strength. We had a rough last couple of games so this was a big game for us."

Karyn McEvoy knocked down a three-pointer with 3:31 left in the half to bring the Red Raiders to within 1 at 15-14 and Remy Aucoin put down a shot in the paint to give North Quincy the lead for good at 3:01. By the time the teams headed into the locker room at halftime, North Quincy was up 22-17 after owning the second quarter, 15-4.

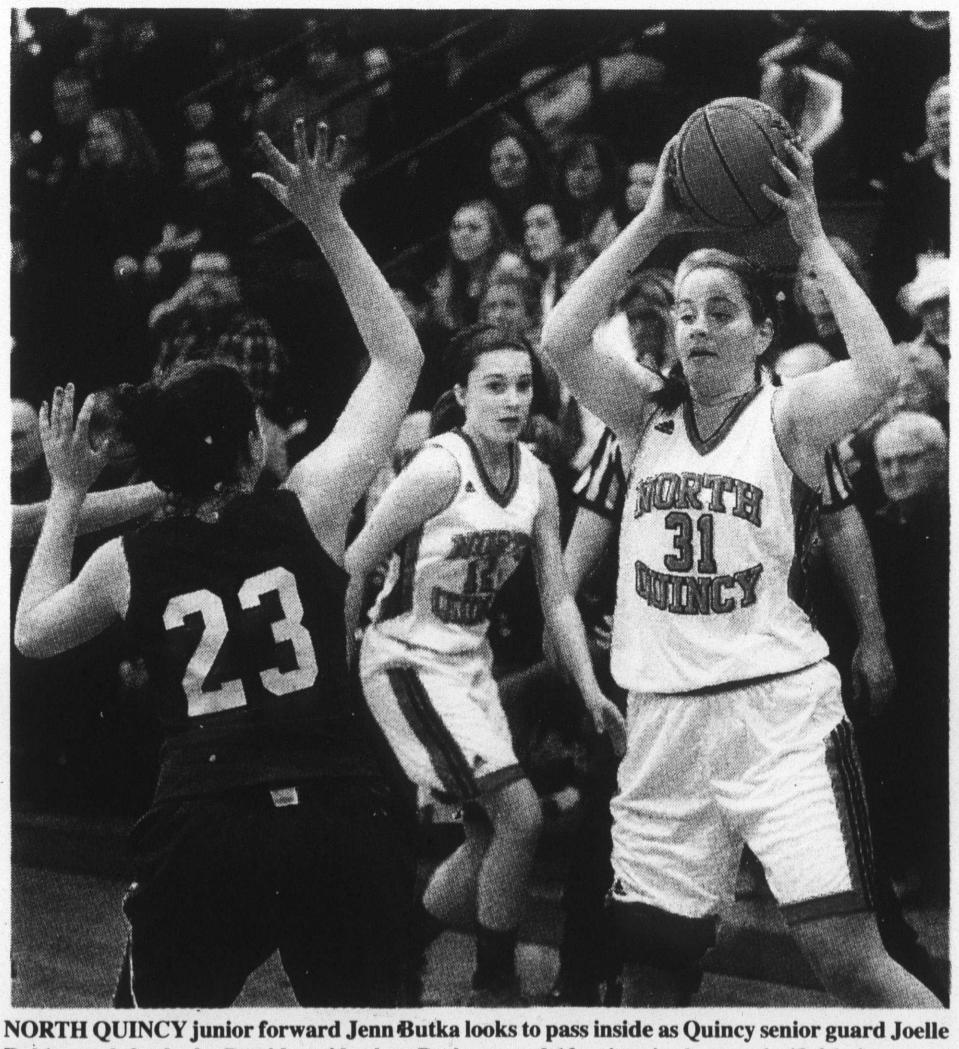
The postponement of the game to Saturday worked in North Quincy's favor according to Bregoli as his squad refined some plays on the court. "I think it (postponement) helped us actually," he said. "We had a good practice yesterday. We hadn't played a 1-2-2 zone all year and it was a suggestion from one of the kids. Jenn Butka suggested it in practice. I said we'd give it a try because it made sense. They have some perimeter players who shoot from the lanes."

Quincy didn't just go away in the third quarter as Cunningham hit a pair of treys to cut North Quincy's lead to 30-28 after three quarters. The Red Raiders responded with a pair of free throws from Coleman and a Butka three-pointer to go up 34-28. Gia Calabro hit a jumper and North Quincy put the Presidents sway for good with a 7-0 run that included a three from Butka and free throws from Samantha Smith and Kerin Coleman for a 41-31 Red Raider lead with 1:49 left.

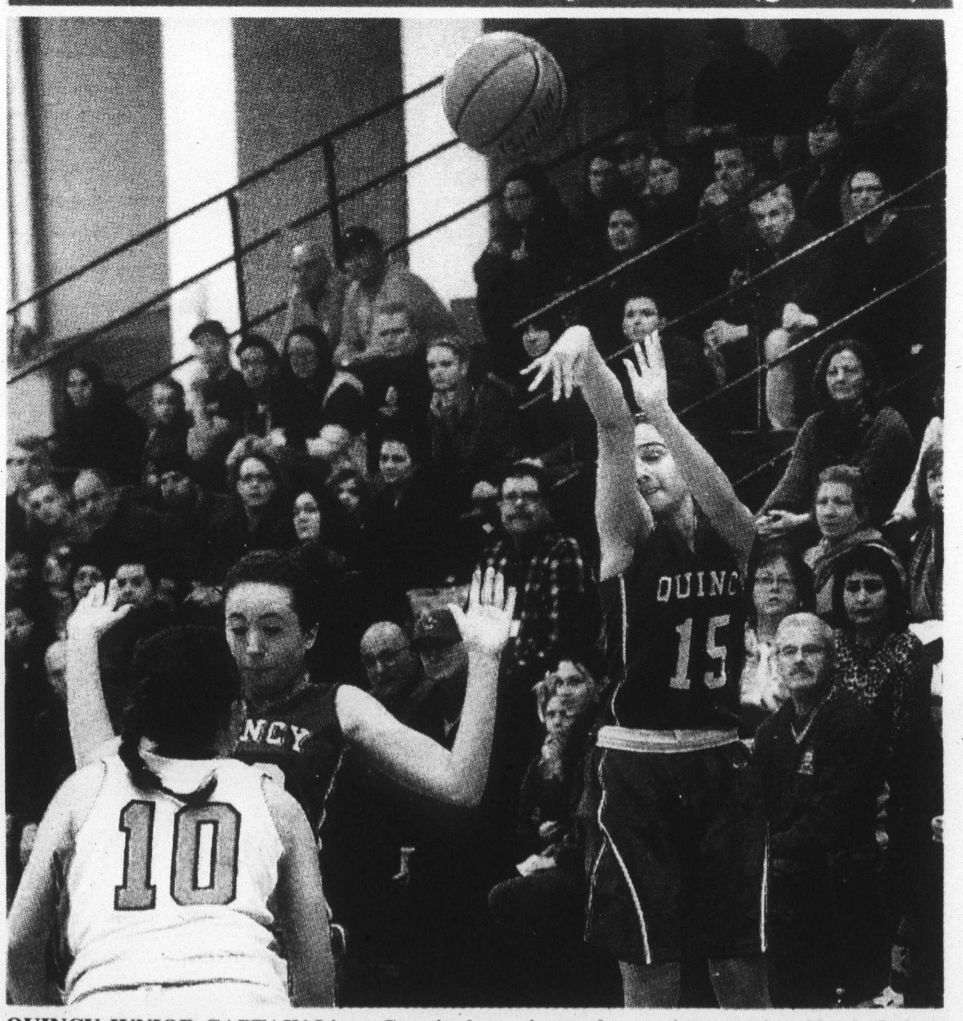
North Quincy was white hot with its foul shooting in the fourth quarter to finish at 13-of-18 and not let the Presidents back into the game.

Bretsch wasn't surprised by the intensity of the contest against the cross-city rivals. "There's always great energy in this game, especially with the seniors," he said. "They play with a lot of passion and it makes a fun environment. It's always a high energy game and you never know how it's going to turn out.

More photos online: TheQuincySun.com (galleries)



NORTH QUINCY junior forward Jenn Butka looks to pass inside as Quincy senior guard Joelle Robinson defends the Presidents' basket. Butka scored 12 points in the team's 48-36 victory.



QUINCY JUNIOR CAPTAIN Liana Cunningham aims a three pointer against North Quincy. She had a team-high 14 points.

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Presidents Day Winter Fest

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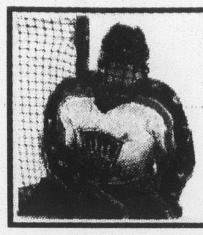
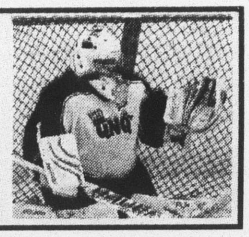


Lynch 3rd Period Hat Trick Lifts Quincy Over NQ - *Page 21*

Support For City Buying HN Restaurant Parking Lot - *Page 11*

Q/NQ Girls Hockey Poised For Postseason - *Page 22*



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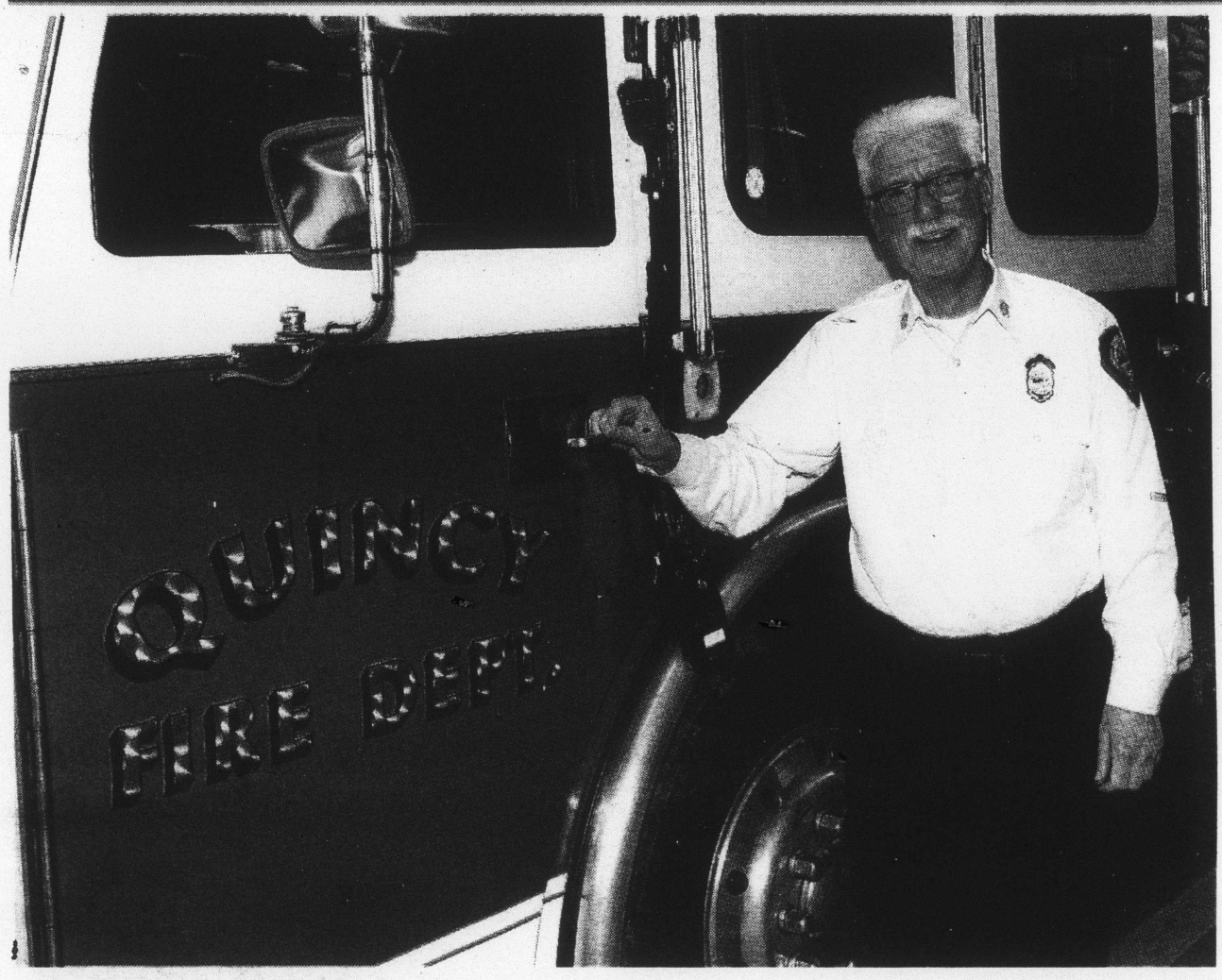


QUINCY FIRE CHIEF Joseph Barron, a 40-year veteran of the department who has served as chief since 2008, will be retiring later this year. See Son Beams Page 4.

Quincy Sun Photo/Robert Bosworth

State OKs School Boilers Replacement

By SCOTT JACKSON

State officials have agreed to reimburse the city for two-thirds the cost of replacing boilers at four elementary schools – and the replacements of those boilers is expected to happen over the summer.

The Massachusetts School Building Authority on Feb. 15 approved a boiler replacement project at Beechwood Knoll and partial boiler replacements at Atherton Hough, Merrymount and Wollaston. The latter three schools have two boilers and the oldest boiler in each will be replaced; the newest boilers at those buildings were installed in 2007.

Cont'd On Page 13

City Census Mailed

The City Census is being mailed to every household in Quincy. City officials ask that residents update their information and return the census form in the postage paid envelope provided.

Compliance with the City Census is a state requirement which provides proof of residence to protect voting rights, veteran's bonus, housing and related benefits as well as providing information for selection of jurors.

Beloved Teacher, Swim Coach Remembered

Q/NQ Swim Book Scholarship, Pool Timing Board Dedicated In Memory Of Bob McGillicuddy

By TOM GORMAN

Robert "Bob" McGillicuddy was a familiar figure at the Lincoln-Hancock School pool where he coached the combined Quincy-North Quincy high school swim team and the middle school swimming and diving program.

His family, colleagues, students and friends gathered at the pool Feb. 16 to dedicate the timing board and pay tribute to the beloved

Cont'd On Page 18

FAMILY OF Robert 'Bob' McGillicuddy, a beloved educator and swim coach who passed away Jan. 31, stands in front of the timing board at the Lincoln-Hancock Community School Pool that was dedicated in Bob's memory at a ceremony Feb. 16. Front row from left: Chris Bell (brother-in-law), Bob McGillicuddy Sr. (father), Mary McGillicuddy (mother), Gate McGillicuddy (daughter), Carla Angevine (wife), Kathy McGillicuddy Bell (sister), Kailin Bell (niece) and Chris McGillicuddy (son). Back from (from left) John McGillicuddy (brother), Kara McGillicuddy (sister) and Matt McGillicuddy (son).

Quincy Sun Photo/Tom Gorman

Farm To School Healthy Food Program - *Page 3*
Pleurisy: Causes, Symptoms, Diagnosis - *Page 9*
Protecting From Accidental Death - *Page 13*

More Quincy news:
The Quincy Sun.com

Winter Fest Fun

PHOTO TOP LEFT: Madison Durand, age 9, rode "Snowzilla" – a three-story tall inflatable slide – Monday afternoon during the City of Quincy's first annual Presidents Day Winter Fest on the Hancock-Adams Green near City Hall and United First Parish Church. Durand and her friend, Samantha Dropp - both Quincy residents - were among hundreds who turned out for the event which included family-friendly activities and live entertainment.

PHOTO TOP LEFT: Ice Queen on stilts portrayed by Sasha Gaulin, poses for a photo with 4-year-old Morgan Farrington of Canton at Monday's President's Day Winter Fest. Gaulin later performed as the Fire Gypsy in front of a crowd after nightfall.

Quincy Sun Photos/ Robert Bosworth

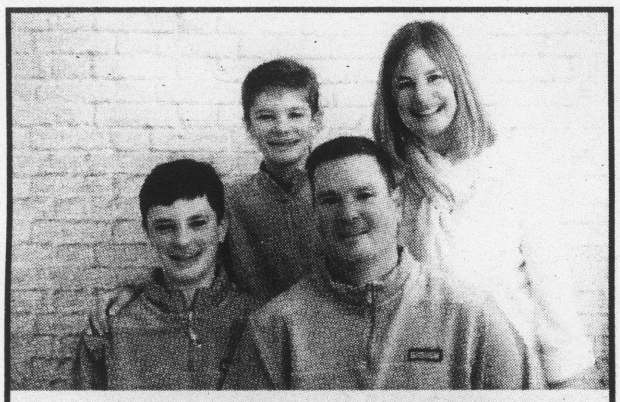
PRESIDENTS DAY Winter Fest also featured tours of the James R. McIntyre Government Center (Old City Hall) and the hall's museum that includes artifacts and exhibits dedicated to the history of the City of Quincy. The tours were led by historical re-enactors including Prisciall Marsden who portrayed Martha Washington. Tours of United First Parish Church, also known as the "Church of the Presidents," were also available during Monday's event.

CPR Course

Health Ed of New England will hold a Heartsaver CPR AED certification course for childcare providers and the public Tuesday, March 7 from 6:30 to 10 p.m. at Christ Church, 12 Quincy Ave., Quincy.

Learn to save the life of an adult, child and infant victim Cost is $45 per person.

Register by March 6. For more information, call 800-434-6000 or visit www.healthednewengland.com.



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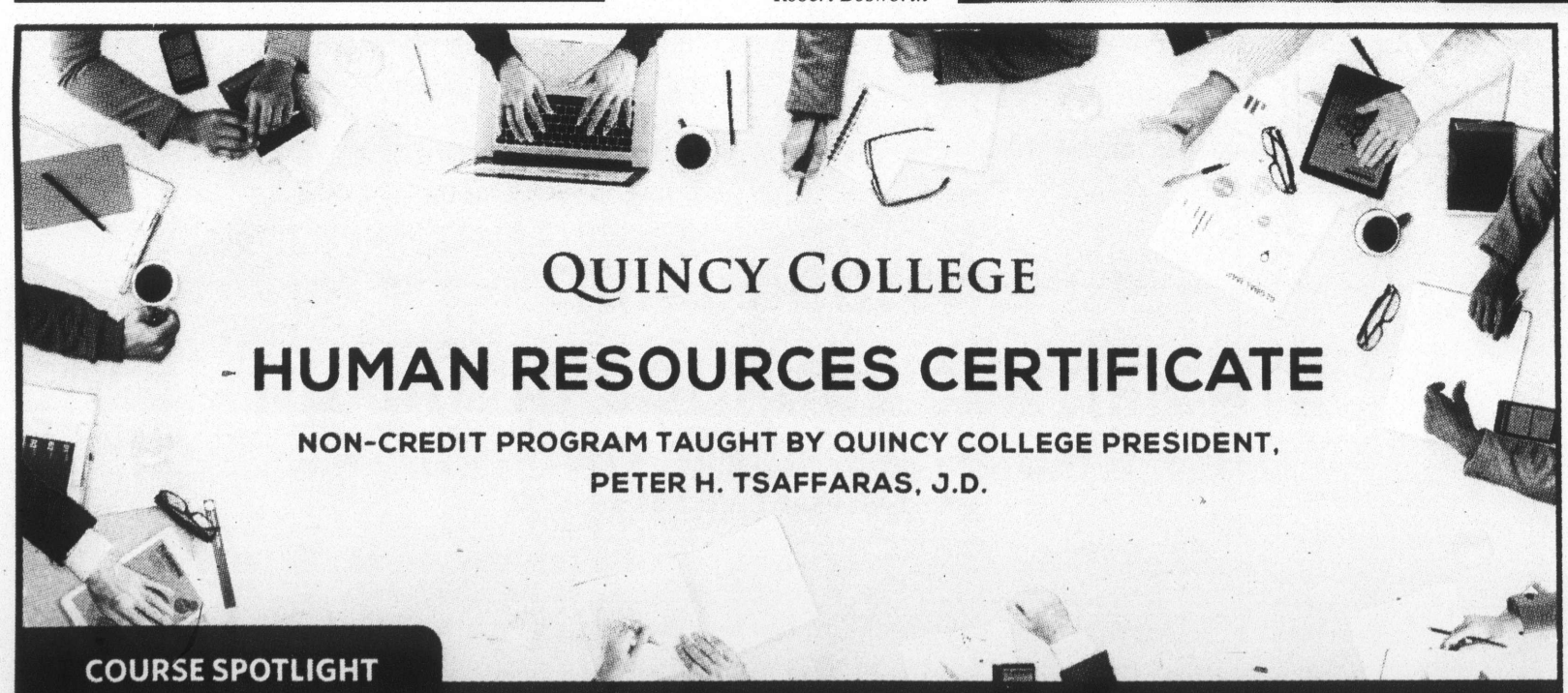

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Students Eat Healthy Through Farm To School Program

By TOM GORMAN

Thanks to the federal Farm to School grant, Quincy students are eating healthy, but, tasty new foods.

During a video presentation at the Feb. 8 school committee meeting, the district's food service representatives explained how the grant allows them to offer students some healthy options for breakfast and lunch. The $72,000 grant from the USDA was awarded to the city in 2015 through a collaborative submission from the city's planning and community development department and the Quincy Public Schools with the support of Mayor Thomas Koch.

"We're trying to get kids excited about nutrition," said the schools' food service intern Tracey Munson. "We're trying to expose kids to new vegetables and get them to like that."

The video showed cafeteria workers using a slicer to slice apples. The idea being that students would be more likely to eat apple slices than a whole one.

Food service workers are trying some new recipes including an apple yogurt that was met with a thumbs up by students.

"It's sweet, a good taste," said one student in the video.

Other options include "grab and go" lunches featuring salads or healthy sandwiches with fruit or vegetables.

In addition to offering students healthier breakfast and lunch options, the Farm to School grant also allows students to create school gardens where they can grow their own vegetables. Additionally, the grant allows the district to expand its STEM (Science, Technology, Engineering, Mathematics) related curriculum for after school and summer programs.

According to school officials, the grant also provides the opportunity to increase family and community engagement centered around nutrition and local food sources and expand the offerings of locally grown fruits and vegetables in the district's breakfast and lunch programs.

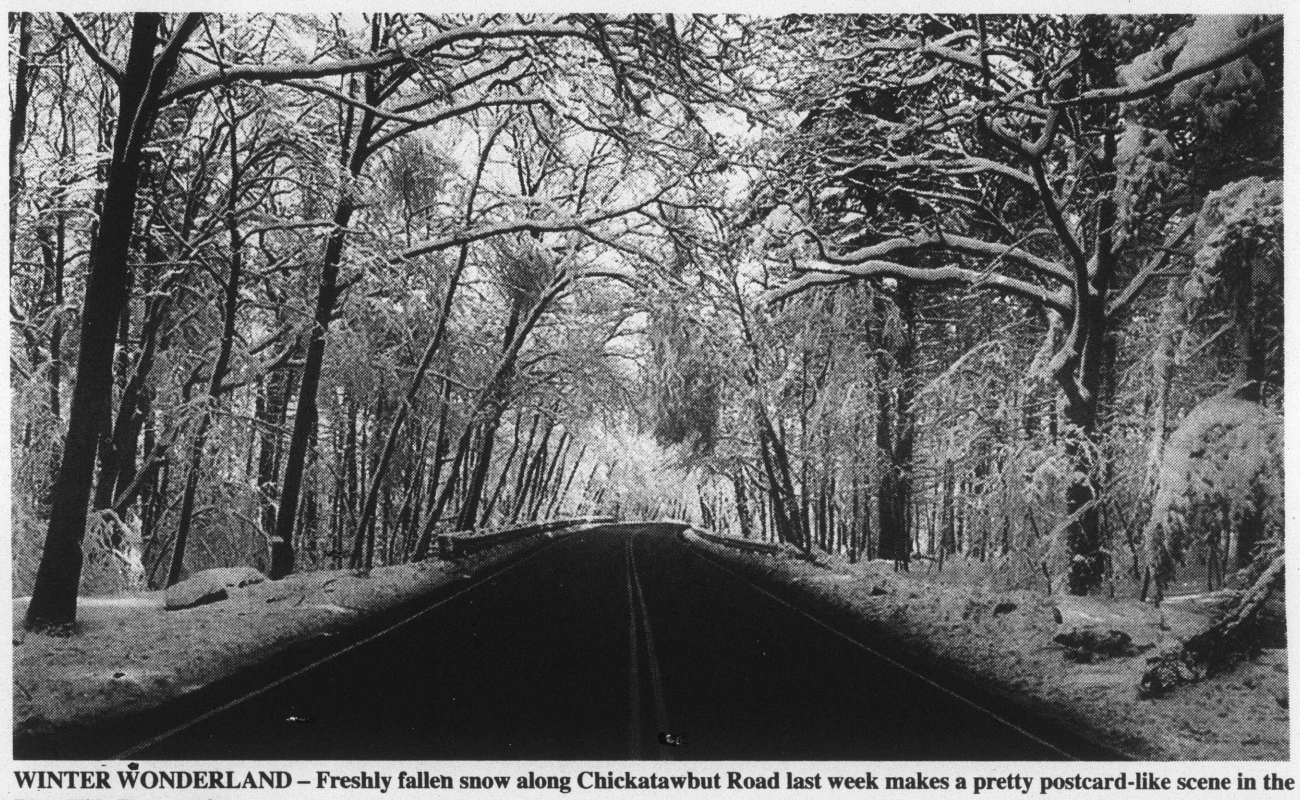
As a result of the Farm to School grant program, more than 42,000 school partnerships have been formed with local farmers and more than 7,100 school gardens have been planted in the nation. The program helps students learn where local food comes from, according to the USDA website.

In the 2013-14 school year, local districts purchased nearly $800 million in food grown by local farmers, a 105 percent increase from the previous school year. The USDA says that by the schools purchasing local food, it triggers an economic chain reaction where the farmers buy supplies from local suppliers and local people are hired to work the farms and local supply shops.

In another matter, the committee was informed that 689 middle school students were trained in CPR during the recent Matter of Heart program. A total of 118 middle school students and parents were certified in CPR during the program hosted by Brewster Ambulance.

Supt. Dr. Richard DeCristofaro said that the district's health services coordinator, Rita Bailey, is looking into recertifying high school students in CPR who were initially certified when they were in grade 8.

The committee approved an out-of-state trip for the HYPER Robotics team to the FRC District Competition in Smithfield, Rhode Island on March 24 to 26 and to the FRC District Robotics Championship in Durham, N.H. April 5 to 8.



WINTER WONDERLAND – Freshly fallen snow along Chickatawbut Road last week makes a pretty postcard-like scene in the Blue Hills Reservation. *Photo Courtesy Chris Blunt*

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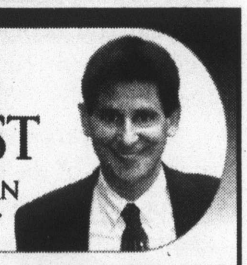

NECKS LACED WITH PEARLS AND CHAINS

When it comes to necklaces this fashion season, women remain focused on pearls. Single strings and chokers worn with denim jackets and sports sweaters free pearls from staid tradition and bring them up to date. Along these lines, oversized chokers remain exceedingly popular, as do statement necklaces that showcase surrealistic totems and other objects of interest. On top of that, women are lengthening the chains on their talisman and charm necklaces, rendering them perfect for layering. Talisman jewelry, in particular, with lucky charms and protective symbols paired with keys and fetish symbols, push the bohemian envelope. And in case you were wondering, the 90's punk revival continues, with chains and rebel jewelry worn between leather jackets and hoodies.

If you're selecting a necklace for your wife or girlfriend, look at the way she dresses. A woman who keeps her look traditional might not have a lot of opportunities to wear a hot-pink gemstone necklace, while a woman who loves vintage dresses might not love an ultramodern piece. Whether you are looking for a money clip for him or an exclusive diamond setting for her, Rogers Jewelers carries the finest and most recognized names in jewelry and gifts. To learn more, please call 617-773-3636 or visit us at 1402 Hancock St. in Quincy Center.

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Moments in time

THE HISTORY CHANNEL

• On **March 8, 1669**, Mount Etna, on the island of Sicily in modern-day Italy, begins rumbling. Multiple eruptions over the next few weeks killed more than 20,000 people. Most of the victims could have saved themselves, but stayed.

• On **March 12, 1933**, eight days after his inauguration, President Franklin Roosevelt gives his "fireside chat," a radio broadcast directly from the White House. Roosevelt explained his decision to close the nation's banks to stop mass withdrawals.

• On **March 9, 1943**, Bobby Fischer, the only American ever to win the chess world championship, is born in Chicago. His last public match, in 1992 against Boris Spassky, netted Fischer the $2 million prize. He then became a wanted man for tax evasion, and in 2000 renounced his U.S. citizenship.

• On **March 6, 1951**, the espionage trial of Ethel and Julius Rosenberg begins after the couple is accused of running a spy ring and selling top-secret atomic bomb technology to Russia. The Rosenbergs were convicted, and were the only American civilians to be executed for espionage-related activity during the Cold War.

• On **March 10, 1969**, James Earl Ray pleads guilty to the assassination of civil- rights leader Martin Luther King Jr. and is sentenced to 99 years in prison. Ray later changed his story, claiming he had been set up by a mysterious man named "Raoul."

• On **March 11, 1989, "COPS,"** a documentary-style TV series that follows police officers and sheriff's deputies as they go about their jobs, debuts on FOX. "COPS" went on to become one of the longest-running shows in television history.

• On **March 7, 1999**, American filmmaker Stanley Kubrick, whose 13 feature films explored the dark side of human nature, dies in England at age 70. Kubrick was best known for his films "Spartacus" (1960), "Dr. Strangelove" (1964) and "2001: A Space Odyssey (1968)."

(c) 2017 King Features Synd., Inc.

Rabies Clinic April 8

The Quincy Health Department will sponsor a Rabies Clinic Saturday, April 8 from 10 a.m. to 1 p.m. at the Quincy Animal Shelter, 56 Broad St., Quincy (behind the George F. Bryan VFW Post and Father Bill's Place.)

The fee is $20 for dogs and cats. Owners should bring proof of rabies vaccination within the last year.

The clinic is for dogs and cats age three months and older.

Edith MacDonald Scholarship

Applications are available for the Edith B. MacDonald Scholarship given by the Seaside Gardeners of Squantum.

Any high school senior currently living in Squantum and any relative of a member of the Seaside Gardeners planning to attend a two year or four year college is eligible for the $1,000 award. Applications must be postmarked by March 20th.

Contact Laurie Kelliher at 617-797-3349 or email her at lauriekelliher@verizon.net.

Son Beams

By ROBERT BOSWORTH

Fire Chief Joe Barron Retiring

Chief Joe Barron was "baptized by fire" long before he was appointed to the Quincy Fire Department.

As a young boy, Barron recalls pedalling to fire scenes on his bicycle, listening to fire calls on an old-fashioned radio and hanging around the fire house. His father, William Barron, served the department for 40 years including 25 as deputy chief.

Being exposed to his dad's profession certainly helped spark Joe's interest in firefighting. And it eventually fueled a lifelong commitment to his own career.

The apple, they say, doesn't fall far from the tree.

For Joe, the apple dropped before he officially became a Quincy firefighter on June 19, 1978.

"I actually went into my first burning building when I was about 15 years old," the city's 14th fire chief and nearly 40-year department veteran said during a recent interview at fire headquarters on Quincy Avenue. He plans to retire sometime later this year.

"I'd come up here to fire headquarters and occasionally the guys would let me ride on the trucks. They would grab someone else's gear – which would never happen today – and I put it on and I'd actually ride the truck."

One day, Joe hopped on the truck responding to a working fire not far from headquarters.

"One of the older guys said, 'Deputy, what do you think?' They actually let me go into the burning building backing up a hose line," Barron recalled.

"It was a daytime fire. There were a couple of rooms going. We put out the first one and started to move into the second room and it started to roll ahead. I remember all the windows around us being smashed."

Joe's father was among the firefighters on the scene.

"I don't know what could have been going through my father's head letting me into that building. Maybe he thought 'he thinks he wants to do this for a living? Let him experience it now.'"

The experience cemented his desire to be a firefighter and helped forge a career in one of the most respected professions.

"I knew I wanted to be a firefighter before this happened but this really sealed the deal. I knew as a kid, being a firefighter was the only job I ever wanted.

"I knew when I saw fire apparatus go by I could tell if the guys were pulling up their boots or by the seriousness of how they behaved on the back step if they were going to a false alarm or a very serious call just by how they tidied up their equipment."

Stories and memories.

Every firefighter has them.

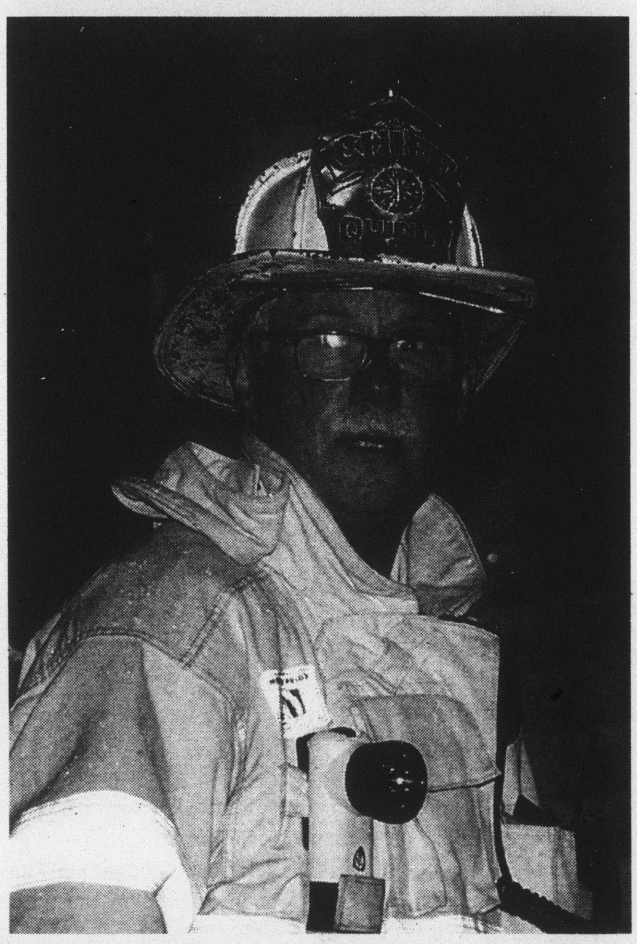
As do other first responders like police and EMTs.

For Barron, those indelible moments stretch from his boyhood days growing up on Birch Street in North Quincy to the shifts at the firehouse with his firefighting comrades.

His dad, William, served in World War II before becoming a Quincy firefighter. But Joe thinks his father may have hoped his son would choose another profession.

"He used to say to me, if I didn't study in school all I ever would be is a firefighter like him. Well he was chauffeured driven and he's the only guy in North Quincy I knew who was chauffeured driven. We had a pretty good lifestyle. We weren't rich by any means but we went on vacations in the summer and he was very well respected."

As a kid, Joe attended St. Ann's School in Wollaston. "Whenever the fire trucks went by the nuns always stopping talking and everyone blessed themselves. It was a great deal of respect afforded to him and he was always my hero. I admired him greatly," Joe says.



QUINCY FIRE CHIEF Joseph Barron plans to retire sometime later this year concluding a department career that has spanned some 40 years including the last nine as chief.
Photo Courtesy Quincy Fire Department

"I can remember as a kid if you missed the bus going to St. Ann's and he was in the car that day working on a rare occasion I could get him to drive me to school. That was a thrill having that car drive up to St. Ann's and all the way to school I would have my fingers crossed and my legs crossed hoping he could get a call and our route would be diverted. It did happen occasionally and I would end up at a fire instead of at school."

It wasn't just the deputy chief's car that took him to fires.

Joe could also race to a scene on his bicycle.

One such fire occurred when he was 10 or 12 years old. The Atlantic Train Depot in North Quincy was burning.

"I knew when I went to the top of Newbury Avenue I could still hear the sirens and then I went to Newbury and East Squantum Streets and I knew I was out of my area that my mother would have liked me to take that bicycle. But I could see the smoke in the distance and I could see the engines going down there laying their hose lines.

"It was very easy to follow those hoses and end up at the edge of the perimeter that you were allowed in. I kept inching forward and the next thing I know the gentleman with the white hat is beside me."

It was Fire Chief Thomas Gorman.

"He looks down and says, 'what are you doing here? You stay right here and don't move.'"

Joe's dad was also at the scene. "He came over and gave the chief a report and once the fire was under control he grabbed me and walked me around the building and showed me what was going on and what was happening. Then he told me to get on my bicycle and get home."

Fires weren't the only magnets that drew young Joe to firefighting. Just listening to calls plugged him into his destiny.

One day when Joe was 10 or 12 years old, William Barron came one with a large old-fashioned radio – the kind with tubes in it – and gave it to his son.

"You could listen to different frequencies if you

Cont'd On Page 14

Scenes From Yesterday

THIS IS A 1960s postcard view of the Queen Anne styled Winfield House Restaurant that was at 853 Hancock St. in Wollaston. Situated on nearly three acres of land, the house and its large barn were built in the 1880s. It had been owned by a succession of prominent Quincy families when in 1937 Winfield and Lena Strout bought the property and moved their Rendezvous Cafe' here from Wollaston Center. Several years later they changed the name to the Winfield House. Widely known and very popular, "where every meal is a pleasant memory," the restaurant had been open for 50 years when Mrs. Strout closed it in 1987. For a while she ran a gift shop here until the property was purchased by Eastern Nazarene College. Expansion plans of the college at the time led to demolition of the Winfield House in the 1990s and then the city bought the property for a new middle school. In the distance on the left, behind the old barn, can be seen the Howard Johnson's candy and condiment factory. Today, any remnants of this house's foundation are under the new Central Middle School's auditorium. To contact Tom Galvin, e-mail tmgalvin@verizon.net.

From the Collection of City Historian Tom Galvin

Quincy's Yesterdays

This Week
1973
44 Years Ago

City Concerned Over Nixon's Budget Cuts

Quincy received $1.8 million from the Federal government in 1972, and Jeffrey Davidson, director of the Department of Planning, Programming and Development, says that he is "hopeful" that a similar sum will be forthcoming in 1973 despite budget cuts by President Nixon.

But right now everything is pretty much up in the air.

Davidson said there will be dramatic changes ahead for Quincy in obtaining federal funds as result of policy changes proposed in Washington. Quincy will, in all probability, lose projects such as the Quincy Point Improvement Program.

PROPOSE NAMING NEW SCHOOL IN MEMORY OF DR. CHARLES DJERF

The naming of the new Lincoln-Hancock School in memory of Dr. Charles Djerf loomed as a strong possibility.

"It couldn't be a more fitting memorial to a man who dedicated his life to Quincy's school children and to public service," School Committeeman Daniel G. Raymondi told *The Quincy Sun*.

"Dr. Djerf grew up in that area. He treated, if not delivered, many, many babies there. He served for many years with distinction as a member of the school committee. A good part of his life was devoted to helping children."

Other names suggested included former school committee member and county treasurer Raymond C. Warmington, former mayor Charles A. Ross and President John F. Kennedy. (Editor's note: None of the above won the support of the school committee members. The school was named the Lincoln-Hancock Community School. The school's pool was namedw for Dr. Djerf.)

QUINCY-ISMS

Quincy Patrolman **Ralph Bergonzi** received an **"Outstanding Quincy Police Officer Award"** from the Quincy Jaycees. Bergonzi received the award for rescuing a Germantown woman trapped in her burning fifth floor apartment... **Ernest J. Montilio**, well-known owner of Montilio's Pastry Shop, received a citation of honor from the Brotherhood of Beth Israel Synagogue... **Lisa McElaney** of North Quincy High School, an associate member of the Quincy School Committee, recently spoke before the legislature's education committee. She testified in support of a bill that would require state schools to offer a Practical Arts course, which would offer a combination of industrial arts and home economics... **Isadore Zack** of Quincy was elected secretary of the Military Intelligence Association of New England. The group consists of former military intelligence and security personnel... **Mario Salvatore** was chairman of a committee planning a "Roaring Twenties Night." The event, sponsored by the Quincy Lodge, Sons of Italy, is scheduled for Feb. 24 at the Sons of Italy Social Center, Quarry Street... The annual St. Patrick's Day Dinner dance sponsored by St. Mary's Parish, West Quincy, was scheduled to be held March 17 at the church hall. **Mrs. Kevin Little** was chairman of the event and **Mrs. Joseph LaRaia**, ticket chairman... **Albert Grahn** of Quincy, noted Swedish baker, was honored at a 75th birthday party held at the Viking Club, East Braintree... Russell Edwards Beauty Salon, 27 Cottage Ave., Quincy Center, was offering "Permanents, Regular Price, $16.50 for Only $12.50"... Eight students were selected to participate at the All-New England Music Festival in Portsmouth, New Hampshire, April 5-7. They are **Geoffrey Hennessy,** concertmaster, **Burt Bray,** clarinetist, **Jeffrey Dill,** bassist, **Evangeline Dill,** violist, and violinists **Robert Levitsky, Helen Kelly, Lynne Myett** and **George Vallatini**... **Maureen Foley,** 64 West Elm Ave., Wollaston, will attend Bridgewater State College and **Timothy O'Leary,** 247 Pine St., Wollaston, will attend the University of Massachusetts-Amherst. Both students will graduate from North Quincy High School in June... Duggan Bros., North Quincy Garage, 133 Hancock St., North Quincy, will hold a "Washington's Birthday Open House" from Feb. 14 thru Feb. 24. Duggan Bros. was offering a full line of 1973 Chevrolet autos and trucks... At the request of **Leo J. Kelly**, president of the Houghs Neck Community Council, **Putnam S. Borden**, executive director of the Quincy Council on Aging, will begin an out-reach program at the Houghs Neck branch of the Thomas Crane Public Library. During the hours of 1-3 p.m., Borden will be available to all senior citizens to answer questions and explain services... "The French Connection" starring Gene Hackman and "M.A.S.H." featuring Donald Sutherland were playing at the Wollaston Theater, Beale St., admission, $1 at all performances.

Readers Forum

Praises Quincy Police Officers Minton, DesRoches

I was pleased to see Quincy Police Lt. Dan Minton honored by AAA. Over the 20 years I've known him, Dan's exemplified integrity, humility, and friendliness. His quiet strength as a father and husband through family tragedy a few years ago makes him further deserving of honor in every way.

Sgt. Steve DesRoche's recent promotion and story demonstrate how our police force can and do create the enjoyable feeling of living in a small town, rather than a city of 100,000 people. I have found most of our policemen to be accessible, flexible, and sociable.

The Quincy Police Dept. is lucky to have both officers on their force, and so are we.

Thomas C. O'Brien
Wollaston

Says Kirsten Hughes Owes Sen. Warren Apology

Kirsten Hughes owes Elizabeth Warren an apology and also one to the voters of Quincy.

In a recent article in the Boston Globe, Ms. Hughes criticized Ms. Warren regarding Ms. Warren's criticism of the Trump administration. I realize she is the chairperson of the Massachusetts Republican Party and is certainly entitled in that role to criticize someone in the opposition party.

However, she crossed the line when she used the word "shrieking" in her criticism. That is a very loaded and sexist word and is generally used by men attempting to bully women and "put them in their place."

Men don't use it against other men.

It was sad to see a woman use it against another woman, especially against Ms. Warren who is greatly supported by the voters of Quincy. She put on her Republican Party hat at the expense of the majority of the voters in Quincy. This is a senator who strongly supports women's rights and sees those rights being attacked by the Trump administration and should speak out.

Was Ms. Hughes in Washington or in Boston at the recent women's rights marches? I think not.

I think as an elected official, she is an embarrassment to Quincy.

Jake Fennessy
Marina Drive
North Quincy

Quincy Pivotal Role In Fight Against Addiction

In the 2017 State of the Commonwealth Address, Governor Baker said, "The Opioid epidemic is ravaging families, and while this is going to be a prolonged battle, our efforts are making a difference." Among other things, he said thousands of Narcan kits have been distributed to first responders and family members.

Thanks to Mayor Koch's Drug Task Force and Quincy Police Department (White House Advocate of Change Award), state and federal delegations, Norfolk County D.A. Michael Morrissey and the many whose lives have been affected by this who came forward, Quincy has had a pivotal role in this fight against addiction.

Kumu Gupta
Quincy

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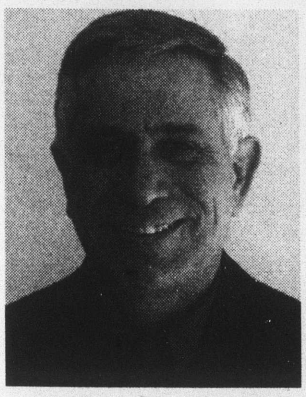
Arts & Entertainment

Parker School Celebrates Chinese Lunar New Year

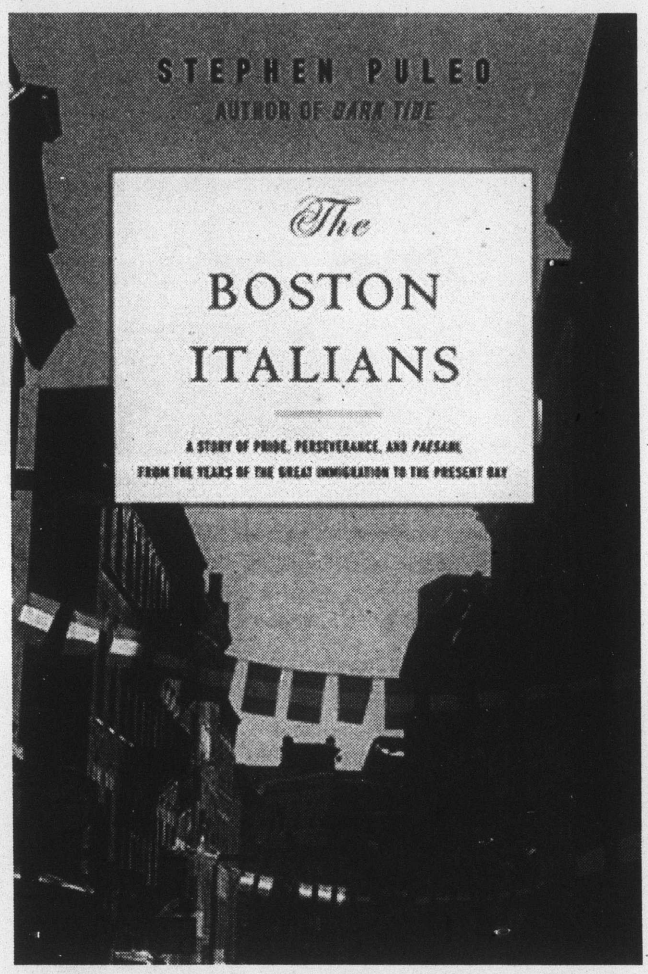
PARKER ELEMENTARY SCHOOL recently celebrated the Chinese Lunar New Year marking the beginning of the Year of the Rooster. Students performed songs, a short play celebrating the diversity of the school, and the Lion dance. *Photos Courtesy Parker Elementary School*

Social

The Neighborhood Club Of Quincy To Host Author Stephen Puleo March 2



AUTHOR AND HISTORIAN Stephen Puleo will speak at "An Evening of Italian Culture and Heritage" at the Neighborhood Club of Quincy Thursday, March 2.



STEPHEN PULEO'S "The Boston Italians," a Boston Globe best seller, tells a story of pride, perseverance, and paesani, from the Years of the Great Immigration to the present day – to be featured at the Neighborhood Club of Quincy on Thursday evening, March 2.

The Neighborhood Club of Quincy, 27 Glendale Rd., will open its doors Thursday, March 2 to the public to celebrate an evening of Italian food, culture, and heritage.

The highlight of the evening will be author, historian, and public speaker Stephen Puleo, who will be talking about his best-selling book, "The Boston Italians."

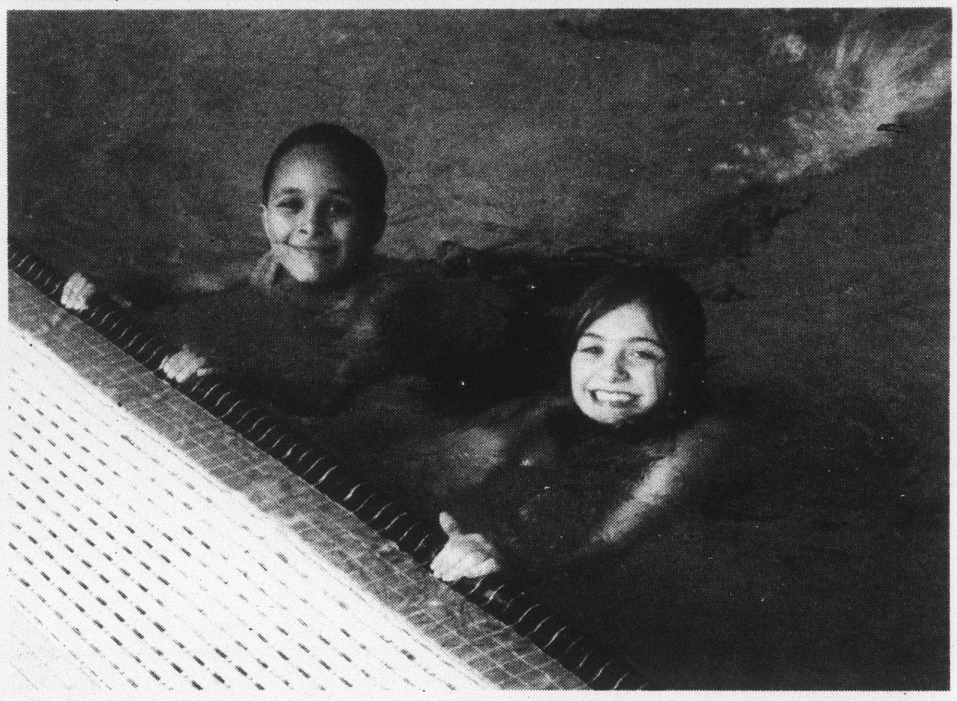
Puleo has made over 450 public appearances before thousands of his readers. He is often on TV and radio, and his books are used in high schools, colleges, and universities. Puleo and his wife, Kate, live on the South Shore.

This celebration of Italian culture and heritage will begin at 6 p.m. with a cash bar cocktail hour and "munchies." Then, at 7 p.m., there will be an Italian buffet with salad, two types of pasta, a roast beef carving station, scrod, vegetables, and a dessert.

After dinner, Puleo will discuss his best seller that describes the Italian immigration experience in Boston's North End, life during the Depression and World War II, and finally, Boston Italians' history up to the present day. His book will be available for purchase and Puleo will autograph it.

This entire event costs $40 per person and includes tax and tip.

Tickets must be purchased in advance. Call or email Dr. Dean Saluti at 617-285-6565 or djsaluti@aol.com.



THE QUINCY SCHOOL ~ Quincy Community Partnership, in collaboration with the South Shore YMCA, was pleased to offer SPLASH (Swim Play Learn Aquatic Safety Habits) to Quincy Public Schools second grade students from Clifford Marshall Community School, who were unable to swim. The exciting six-week program, which was held at the Quincy YMCA, was led by certified lifeguards/swim instructors from the YMCA. Approximately 20 students participated in the program. The goal is the continuation of SPLASH for all elementary schools in Quincy. Quincy Public Schools and the Quincy School Community Partnership are grateful for the valuable contributions made to Quincy Public Schools students by its dedicated and generous community business partners. *Photos Courtesy Quincy School - Community Partnership*

Living With Alzheimer's Topic March 9

Greg O'Brien will return to the Kennedy Center on Thursday, March 9th to talk about his journey with Alzheimer's.

O'Brien, former editor/publisher of the Cape Codder, spoke of his experiences at the Kennedy Center in 2014. He was diagnosed several years ago with early onset Alzheimer's disease. O'Brien's mother and grandfather both had the disease. He will talk about the conflicts of living with Alzheimer's while at the same time fighting it and not giving up.

Registration is required for this event. To register, call the Kennedy Center at (617) 376-1506.

Road Scholar Program At Kennedy Center

Do you like to travel, enjoy learning new things, explore interesting places, and like to meet people who share a love of adventure?

Come and learn about Road Scholar, America's first and largest educational travel organization for adults.

Donna Brock, Road Scholar Ambassador, will be at the Kennedy Center on Thursday March 9th at 1:30 p.m. Brock will speak about this non-for-profit organization with a mission to inspire adults to learn, discover and travel.

Since its inception, more than 5 million have enrolled in its 5,500 iconic educational adventures offered in 50 states and 150 countries around the world. Registration is required for this event.

Call the Kennedy Center at (617) 376-1506 to register.

Vilma Caslli Graduating Davenport University

Vilma Caslli of Quincy has officially completed a degree in business, technology, health professions or urban education at Davenport University in Grand Rapids, MI.

Maeve Rogers On College Of Wooster Dean's List

Maeve Rogers, a graduate of Quincy High School, has been named to the Dean's List for the fall semester at The College of Wooster. Rogers, a senior political science major from Quincy, achieved a grade point average of 3.65 or above.

Ying Yu On Dean's List At University Of The Sciences

Ying Yu of Quincy, a doctor of pharmacy student at the University of the Sciences in Philadelphia, has been named to the Dean's List for the fall semester.

URI's Johnathan Yacano Interns At Radio Station

University of Rhode Island student Johnathan Yacano of Quincy recently completed a fall internship with Cat Country 98.1 (WCTK-FM).

In an internship, URI students have the opportunity to apply theory to practice in the field, and then return to the classroom ready to apply practice to theory.

URI's experiential learning coordinators partner with faculty to design internships with structured learning outcomes that will provide students with a competitive advantage when they graduate.

Local Programming Highlights on ... QATV

Quincy Access Television
88 Washington Street
Quincy, MA 02169
617-376-1440

Public Access Channel 8	Government Access Channel 11
Thursday, February 23	Thursday, February 23
8:00pm: Quincy @ North Quincy Girls BB 2/11	12:00pm: City Council & Ordinance 2/21
10:00pm: Quincy Band Showcase	8:00pm: Quincy in Focus
Friday, February 24	Friday, February 24
7:45pm: Whispers from the Other Side	7:30pm: AM Quincy: American Red Cross
11:00pm: QATV Classics: Karen Cashman Day	8:00pm: At the Library Concert: Robert Simonds
Saturday, February 25	Saturday/Sunday, February 25/26
9:30pm: Real Estate Focus: Structural Engineering	12:00pm: City Council & Ordinance 2/21
10:05pm: Perspectives: The New President	3:00pm: At the Library Concert: Robert Simonds
	4:30pm: Currently in Quincy-The Interviews E15
Sunday, February 26	5:00pm: Quincy in Focus
10:00am: Bethany Congregational Service	7:00pm: City Council & Ordinance 2/21
11:30am: Good News	
	Monday, February 27
Monday, February 27	6:00pm: Crime Watch: College Safety
6:00am: LIVE: AM Quincy w/ Joe Catalano (audio)	6:30pm: FYI: QHD Non 24
11:30am: LIVE: Currently in Quincy	7:00pm: Currently in Quincy: The Interviews E15
Tuesday, February 28	Tuesday, February 28
7:30pm: Quincy in Focus	6:00pm: Health Links: Emergency Medicine
8:00pm: AM Quincy: QPD Boating Safety Classes	8:00pm: At the Library Concert: Robert Simonds
Wednesday, March 1	Wednesday, February 29
9:30pm: Sound Advice	7:00pm: QATV Classics: Home Fire Safety
10:00pm: The Constitution: Then & Now	8:00pm: QRD: TV Workshop 2016

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO

Gingerbread Waffles

By MARIE

My children always loved it when I made gingerbread and served it warm with whipped cream - in fact it is still one of their favorites. So when I found today's recipe for ginger bread waffles I knew they would enjoy them just as much.

GINGERBREAD WAFFLES

2 cups whole wheat flour
2 teaspoons of baking powder
2 teaspoons of ginger
1 teaspoon of cinnamon
½ teaspoon of baking soda
½ teaspoon of salt
½ teaspoon of cloves
2 large eggs
¼ cup molasses
1 stick of butter melted
2 cups of boiling water

Directions:

Preheat oven to 200 degrees and preheat the waffle iron. (The 200 degree oven serves as a warming oven in between batches.)

Mix together the flour, baking powder, ginger, cinnamon, baking soda, salt and cloves in a large bowl.

In another bowl beat the eggs and then blend in the molasses and the butter. Stir the egg mixture and the boiling water together with the dry ingredients. If the batter is too thick to pour then slowly add a little bit of hot water.

Lightly coat the waffle iron with cooking spray and pour 3/4 cup of batter on to the iron and cook until done (about 3 minutes) transfer cooked waffles to large wire rack and set over a baking sheet to keep warm in the oven.

Repeat with the remaining batter and if you see the batter getting thick keep adding small amounts of boiling water.

Turnip Fries

By SUSIE

Hey, everyone loves French fries, and we all know how yummy they are, but we also know that they are not good to eat regularly.

Here are some that you can eat every day. Turnips are rich in vitamin C. Vitamin C is a powerful water-soluble antioxidant required by the human body for synthesis of collagen. It also helps the body scavenge harmful free radicals, prevention from cancers, inflammation, and helps boost immunity.

Of course, they do not taste exactly like French fries! But they certainly do the trick. Serve them with your favorite condiment. I like mine with homemade ranch dressing! ENJOY!!!

TURNIP FRIES

Olive oil cooking spray
1 medium turnip, washed and dried
fine sea salt
black pepper
garlic powder
onion powder
chili powder

Directions

1. Preheat oven to 400. Spray a parchment paper lined baking sheet with olive oil cooking spray.

2. Slice turnip into strips in the form of french fries/potato wedges. Place the fries onto the baking sheet.

3. Spray the fries with olive oil cooking spray, and sprinkle with seasonings (I use a MISTO and fill with the oil.)

4. Roast the turnip french fries for approximately 15 minutes. Remove the fries from the oven, flip them over and add additional olive oil spray and seasonings, as desired.

5. Return the fries to the oven and roast for an additional 5 to 10 minutes, or until golden brown.

15 Local Students On Xaverian Brothers Honor Roll

Fifteen students from Quincy are on the second quarter honor roll at Xaverian Brothers High School in Westwood.

They are:

Brian Cantor, Class of 2018, Second Honors.

Kevin Chau, 2019, First Honors.

Douglas Concannon, 2019, Second Honors.

Michael Fonte, 2020, Second Honors.

Peter Gagne, 2017, Second Honors.

Jared Grier, 2017, First Honors

Kevin Hegarty, 2019, First Honors.

Michael Lindsay, 2018, Second Honors.

John Mariano, 2019, First Honors.

Liam Nee, 2018, Second Honors.

Ronan O'Farrell, 2017, First Honors.

Dylan Raimondi, 2019, First Honors.

Patrick Senier, 2019, First Honors.

Steven Shalvey, 2019, First Honors.

Brendan Waples, 2018, Second Honors.

Keertana Homma Sathya Prakash Earns Degree

Keertana Homma Sathya Prakash of Quincy recently received a Master of Science from the Tagliatela College of Engineering of the University of New Haven of West Haven, Conn.

Homma Sathya Prakash majored in computer science with a concentration in computer science - general.

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Noted Calligrapher At Art Association March 5

The Quincy Art Association will host noted calligrapher Mike Mei for a lecture and demonstration Sunday, March 5 at 2 p.m. at the Quincy Art Association, 26 High School Ave., Quincy.

The event is free and the public is invited.

QUINCY HIGH SCHOOL technology shop students recently received tool bags courtesy of Quincy Credit Union. Kits will be useful for the students to stay organized as they learn how to actively repair and troubleshoot various IT issues on-the-go.

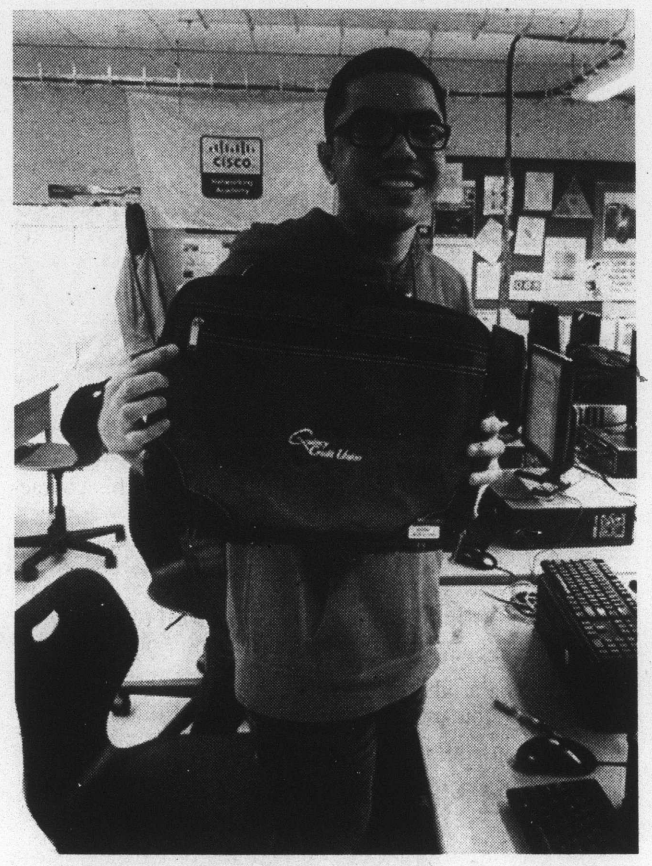
Photos Courtesy Quincy Credit Union

Quincy Credit Union Purchases Tool Bags For Info Tech Students

The QHS Technology Shop class received a post-holiday gift recently from community business partner, Quincy Credit Union.

Lauren Pedretti, Financial Literacy Specialist, works with students as part of QCU's classroom financial literacy program. The program, developed as a collaboration between QHS and QCU, offers students valuable in- class financial literacy sessions and resources.

QCU purchased tool bags for students enrolled in the Information Technology Career Preparation Program. These kits will be useful for the students to stay organized as they learn how to actively repair and troubleshoot various IT issues on-the-go. They will prove useful as students enter the next phase of the course where they will work outside of the classroom for hands-on assignments.



Quincy Credit Union currently provides financial services to over 32,000 Members operating from two locations; 100 Quincy Avenue, Quincy and 519 Columbian Street, Weymouth. Membership is available to those who live or work in Norfolk, Plymouth Counties and the communities of Dorchester. Quincy Credit Union is currently celebrating its 80th anniversary.

57 Quincy Students On B.C. High Honor Roll

Boston College High School lists 57 students from Quincy on its second quarter honor roll.

They are:

HIGH HONORS

Class of 2017: Andrew Golden, Andrew Kraunelis, Sean McDermott, Andrew Prendeville, Evo Fearnley, Aidan Largey, Cormac McAdams, Henry McBride, William Pham and Jonathan Sheehan.

Class of 2018: Owen Carberry, Dattatreya Kalluri, John MacDonald, Diarmuid McGonagle, Steven Ngo, and Andy Trebicka.

Class of 2019: Nicholas Kuranda, Matthew Brandi, Samuel Danby, Jake Murray, Donald Ormond, Robert Pittman and Michael Song.

Class of 2020: Ethan Johnson, Coleman Flaherty, Braydon Lawrence, Ethan Lunny, Thomas McCormack, Joshua McMillen, Aidan Murphy, Thomas Potts and Vishvakishore Venkatesan.

HONORS

Class of 2017: Ryan Carrigan, Khrystoffer De Jesus and Anthony Gonzales.

Class Of 2018: Brendan Cole, John Fitzpatrick, Justin Sullivan, Sean Healy, Joseph Henry, Jack Kelly, Martin McCormack, Edward Ordway and Patrick Shalvey.

Class of 2019: Stephen Flynn, Alexander Kiley, Reese Mullen, Joseph O'Neil, James Pham, Matthew Summering, Andrew Bargoot, Dylan Kazmouski and Dylan McDonald.

Class of 2020: Zachary Hatfield, Christopher Hussey, William McMillen and Michael Richardson.

Lauren Donovan On Roger Williams Dean's List

Lauren Donovan of Quincy has been named to the fall Dean's List at Roger Williams University in Bristol, R.I.

Two On Anna Maria Dean's List

Two students from Quincy are on the Dean's List for the fall semester at Anna Maria College in Paxton.

They are:

Ciara O'Connor and Caitlin Coneran.

Pleurisy: Causes, Symptoms, Diagnosis

A Message From The Quincy Health Department

RUTH JONES

By RUTH JONES BSN, RN, BC, CP-FS

Pleurisy is caused by inflammation of the linings around the lungs (the pleura), a condition also known as pleuritis.

There are two layers of pleura: one covering the lung (visceral pleura) and the other covering the inner wall of the chest (parietal pleura). These two layers are lubricated by pleural fluid. Pleurisy is commonly associated with the accumulation of excess fluid in the space between the two layers of pleura. This fluid is referred to as a pleural effusion. The pain fibers of the lung are situated in the pleura. When this tissue becomes inflamed, it produces a sharp pain in the chest that exacerbates with breathing. Other symptoms of pleurisy can include cough, chest tenderness, and shortness of breath.

Pleurisy can be caused by any of the following conditions:

- Infections: bacterial (including those that cause tuberculosis), fungi, parasites, or viruses
- Inhaled chemicals or toxic substances: exposure to various cleaning agents like ammonia
- Collagen vascular diseases such as lupus, rheumatoid arthritis
- Cancers
- Tumors of the pleura: mesothelioma or sarcoma
- Heart failure
- Pulmonary embolism
- Obstruction of lymph channels as a result of centrally located lung tumors
- Trauma such as rib fractures or irritation from chest tubes
- Certain drugs
- Abdominal processes such as pancreatitis, cirrhosis of the liver, gallbladder disease, and damage to the spleen.
- Pneumothorax (air in the pleural space, occurring spontaneously or from trauma).

Symptoms of pleurisy include:

- pain in the chest that is aggravated by breathing,
- shortness of breath, and/or
- a "stabbing" sensation.

The chest cavity embodies both the front and back of the upper portion of the body. If the inflammation is more toward the back, then the pain may be labelled as back pain. Of significance is the fact that with pleurisy, the pain will worsen with deep breaths. Most other causes of back pain don't have this characteristic, rendering the pain of pleurisy very distinctive. Pleuritic pain is in the chest and is usually sharp and aggravated by breathing. Occasionally, the pain may be confused with the pain of inflammation around the heart (pericarditis) or heart attack.

To attain the diagnosis of pleurisy, a doctor will examine the chest with a stethoscope, in the area where the patient is experiencing pain. They can often hear the friction that is created by the rubbing of the two inflamed layers of pleura with each breath. The noise generated by this sound is termed a pleural friction rub. This differs from the friction of the rubbing that is heard with pericarditis (inflammation around the heart), which occurs synchronous with the heartbeat and is not altered with respiration. With large amounts of pleural fluid accumulation, there can be decreased breath sounds (less audible respiratory sounds heard through a stethoscope) and the chest is dull sounding when the doctor drums on it (termed dullness upon percussion).

A chest X-ray taken in the upright position and while lying on the side is an important tool in diagnosing fluid in the pleural space. It is conceivable to estimate the amount of fluid collection by findings on the X-ray. Sometimes, as much as 4-5 liters of fluid can accumulate inside the pleural space.

Ultrasound is also a method of detecting the presence of pleural fluid. A CT scan can be very beneficial in detecting minute amounts of fluid and trapped pockets of pleural fluid, as well as in verifying the nature of the tissues surrounding the area.

Removal of pleural fluid with a needle and syringe (aspiration) is crucial in identifying the cause of pleurisy. Laboratory analysis of the color, consistency, and clarity of the fluid is imperative. The fluid can also be tested for the presence of infectious organisms and cancer cells. In some instances, a small piece of pleura may be removed for microscopic study (biopsied) if there is suspicion of conditions such as tuberculosis (TB) or cancer.

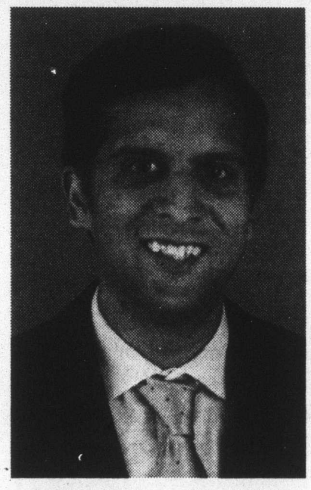
External splinting of the chest wall and pain medication can assist in easing the pain of pleurisy. Treatment of the underlying disease ultimately relieves the pleurisy. Removal of fluid from the chest cavity (thoracentesis) can alleviate the pain and shortness of breath. However, occasionally fluid removal can temporarily worsen the pleurisy, because without the lubrication of the fluid, the two inflamed pleural surfaces have the tendency to rub directly on each other with each breath.

If signs of infection are evident in the pleural fluid, appropriate therapy involves antibiotics and drainage of the fluid. If there is pus inside the pleural space, a chest drainage tube should be inserted. This procedure necessitates placing a tube inside the chest under local anesthesia. The tube is then connected to a sealed chamber that is attached to a suction device in order to create a negative pressure environment. In critical cases, in which there are copious amounts of pus and scar tissue (adhesions), there may be a need for "decortication." This practice involves inspecting the pleural space under general anesthesia with a special scope called a thoracoscope. In some instances, an open surgical procedure termed a thoracotomy is required for more convoluted cases. In cases where pleural effusion is the result of cancer, the fluid will often continue to accumulate. In this circumstance a procedure called pleurodesis, a therapy to remove excess fluid may be utilized.

Some cases of pleurisy can be averted, depending on the cause. For instance, early intervention in treating pneumonia may prevent the accumulation of pleural fluid. In the case of heart, lung, or kidney disease, proper management of the underlying disease can help prevent the fluid collection from ever beginning.

Ruth Jones is the director of Nursing for the City of Quincy Health Department.

Mihir S. Parikh, MD, Joins BID Hospital-Milton Medical Staff



MIHIR S. PARIKH, MD

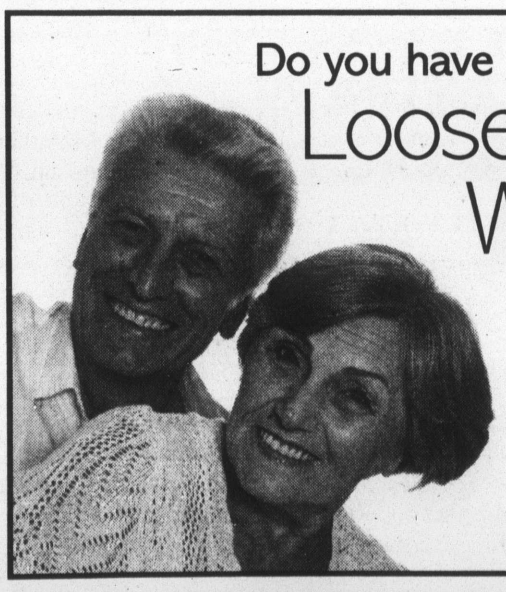
Mihir S. Parikh, MD, a board-certified interventional pulmonologist, on staff at Beth Israel Deaconess Medical Center, has joined the Beth Israel Deaconess Hospital-Milton (BID-Milton) medical staff and is now seeing patients in the BID-Milton Center for Specialty Care.

Dr. Parikh's clinical interests include lung cancer diagnosis and staging, lung nodules, malignant and benign airway obstructions and pleural effusions.

Dr. Parikh graduated from Mount Sinai School of Medicine in New York. He completed his residency in Internal Medicine at Massachusetts General Hospital and advanced fellowship programs in Interventional Pulmonology and Pulmonary and Critical Care Medicine at the University of California.

Dr. Parikh is multi-board-certified in Critical Care, Pulmonary Medicine and Internal Medicine by the American Board of Internal Medicine. He is an Instructor of Medicine at Harvard Medical School, a member of the Harvard Medical Faculty Physicians at Beth Israel Deaconess Medical Center and a member of the American Thoracic Society.

Dr. Parikh will evaluate and treat patients every Monday in BID-Milton's Center for Specialty Care located at the hospital. Appointments can be made by calling 617-632-8252.



March Children's Events, Activities At Crane Library

By JULIE RINES
Thomas Crane Public Library

The Thomas Crane Public Library announces the following events and activities for children during the month of March.

Homework Help

Students in grades 1-6 are invited to stop by the main Library children's room on Mondays and Wednesdays from 3 to 5 p.m. to get assistance with their homework from high school tutors. Students must be able to communicate with tutors in English.

Preschool Discovery @ Wollaston

Drop by the Wollaston Library with your preschooler any time between 10 and 11 a.m. on Thursday, March 2nd to do some fun simple science together. Activities, experiments and instructions will be provided for science you can do with your child. This program does not require registration

Learn about the Ocean this month. We'll be sorting shells, getting a close look at sand, eating like whales, and maybe even making our own waves!

Dr. Seuss Birthday Party

It is Dr. Seuss' birthday and we are having a Cat in the Hat birthday bonanza on Saturday, March 4th. Stop by the Main Library children's room from 10 a.m. to noon to meet the Cat in the Hat. Make Dr. Seuss themed crafts (while supplies last). Watch a Dr. Seuss movie, play pin the hat on the Cat or Dr. Seuss Tic Tac Toe and more.

Please note this special celebration is happening in place of our regularly scheduled Music and Movement with Rubi program.

Science Saturday – Squishy Circuits

Join an educator from the Children's Museum of Easton on Saturday March 11th at 10 a.m. for technology fun with Squishy Circuits.

Squishy Circuits are a great way to introduce electronics by using basic wiring and play dough as circuit building materials. Suitable for all ages, the children will be creating and engineering through special homemade dough while learning about conductors and insulators. And of course, having lots of hands-on fun!

This program is suggested for families with children preschool and older. Younger children will make a simple project and older children are encouraged to try out more complex projects.

No registration is required.

Spring Storytimes

Weekday storytimes for children ages 4 months through 5 years old begin on Friday, March 24th. The library offers several programs by age. Stop by the library or check our website thomascranelibrary.org for details.

Due to overcrowding advance registration is required for Mother Goose on the Loose and Just for Twos storytimes.

Registration will begin at 9 a.m. Tuesday, March 14th. Register online, by phone at 617-376-2411 or in person in the Main Library Children's Room. Registration is limited to Quincy residents.

Registration for Jr. Explorers @Wollaston

Beginning Tuesday, March 14th register for the Junior Explorers online, by phone at 617-376-1330 or in person at the Wollaston Branch. Registration is required and limited to Quincy residents.

Junior Explorers for ages 3 - 5

Dinosaurs: Roar with a T-Rex! Stomp with an Apatosaurus! Fly with a Pteranodon! Join us for five weeks of dinosaur stories and crafts.

Book Clubs

Do you like to read? Would you like to talk to others about books? Then you will like our book discussion groups. Join us each month to discuss all kinds of books.

The **Night Owls Book Club** for children in grades 3 and 4 meets on the 2nd Thursday of each month. This month the club will meet on March 9th at 7 p.m.

This month we will be discussing Justin Case: School, Drool and Other Daily Disasters by Rachel Vail. It's the start of the school year, and nothing feels right to Justin. He didn't get the teacher he wanted and he's not in the same class as his best friend. Justin is very nervous about third grade

Pick up your copy of the book in the Children's Room to read before the meeting. Any questions, call 617-376-2411 and ask to speak with Ms. Cronin.

The **Phoenix Book Club** for children in grades 5-8 usually meets on the second Tuesday of each month to discuss a variety of books. This month we will be meeting on the third Tuesday, March 21st at 7 p.m.

This month our theme is World War II. For March we're delving into history and exploring the time period of World War II. We'll be reading both fiction and nonfiction for this meeting, so go ahead and pick something from either category or both. Keep in mind, the reason we call it World War II is because it truly spanned the globe, so books for this month take place all over the world. While this is going to be a heavier discussion than usual due to the serious nature of the subject, it's an important time in history and well worth reading about. Take a look at the books put aside in the Children's Room and venture down to the 940s in the nonfiction section to find out about the real events that the novels are about.

The **Harry Potter Book Club @ Wollaston** is for all ages, children, teens and adult.

Are you a Harry Potter fan? Have you read the books several times or are you just discovering Harry for the first time?

Harry fans of all ages are invited to join us from January to July at 7 p.m. on the third Wednesday evening of each month at the Wollaston Branch Library as we discuss each Harry Potter book in turn. We will be discussing Harry Potter and the Prisoner of Azkaban on March 15th at 7 p.m. Stop by the main library to pick up a copy of the book to read before we meet.

Harry Potter Movie Matinee @ Adams Shore

Join us on Thursday, March 16th at 1:30 p.m. at the Adams Shore branch for the third in our Harry potter film series, The Prisoner of Azkaban.

Sirius Black who has escaped from Azkaban prison after 12 years of incarceration, some of those closest to Harry suspect Black has returned to exact revenge on the boy who defeated his master, Voldemort.

Of course, a loose serial killer is only one of the problems plaguing the bespectacled wizard's third year back at school -- the soul-sucking guards of Azkaban prison have been employed at Hogwarts to protect the students, but their mere presence sends Harry into crippling fainting spells. With the help of his friends Ron and Hermione, and Defense Against the Dark Arts professor Remus Lupin Harry struggles to thwart the Dementors, find Sirius Black, and uncover the mysteries of the night that left him orphaned.

Rated PG Runtime 142 minutes

Saturday Storytime With Denise Shaver

Join Denise Shaver for a family storytime full of stories, songs, rhymes and more all about fall for children ages 2-5 accompanied by an adult on Saturday, March 18th at 10 a.m. at the Main Library. No registration required

Saturday Storytime @ North Quincy

Join children's librarian Cathy deVeer and Quinn Z. Bear at the North Quincy Branch, on Saturday, March 25th at 10 a.m. for Silly Stories.

This program is for children ages 2-5 accompanied by an adult No registration required.

Dungeons and Dragons Encounters

New and experienced players ages 10 and older are invited to join us on Tuesday, March 28th at 7 p.m. in the Main Library Children's Room for this introduction to D&D 5th edition game play.

Take on the role of a fantasy hero in this monthly Dungeons and Dragons game. We will help you customize an Adventurer's League D&D character you can use both in our monthly adventures and at other D&D Organized Play.

Your group of adventurers will start out at level one and take on the module from the 5th Edition D&D Starter Set. Unravel the mysteries of the Lost Mine of Phandelver and what monsters and treasures lie within!

All programs sponsored and supported by the Friends of the Thomas Crane Public Library

Herbs Program Topic March 1 At Houghs Neck Garden Club

Melissa Pace, an award-winning horticulturalist and Master Gardener, returns to the Houghs Neck Garden Club March 1 to give a presentation on "Herbs."

Pace will explain how herbs have been used by all cultures in a variety of ways, including culinary, medicinal and spiritual. She will also look at how use of herbs can be applied in today's world.

Herbs will be available to smell and taste and members and guests will be taught how best to grow them.

The meeting will be held in the MWRA Community Room at Nut Island, second floor, 149 Sea St., starting at 7 p.m., with refreshments and a brief business meeting followed by the program at 7:30 p.m.

Other programs and events in the next few months include:

April 5: "Art Scarpa's Travelling Cactus and Succulent Show." This is the annual meeting of the three Quincy garden clubs to be hosted by HNGC at the Thomas Aquinas Hall on Darrow Street in Quincy.

May 3: "Great Public Gardens of New England" with Suzanne Mahler.

June 7: Annual Plant Auction.

June 10: Houghs Neck Garden Tour. A community event and the Club's main fundraiser of the year.

Watch out for more details of these events in future issues of *The Quincy Sun*.

The HNGC will be granting awards this year to high school seniors. Please see the guidelines printed below this story on this page. Note that the residency qualification has been extended to include students from the whole of Quincy.

The Club is a member of the Garden Club Federation of Massachusetts and National Garden Clubs, Inc.

To find out more about the Club visit http://hngc123.wix.com/houghsneckgardenclub/.

Houghs Neck Garden Club Student Award Guidelines

The Houghs Neck Garden Club (HNGC) is granting awards to graduating high school seniors who have been residents of Quincy for the last two years and who have been accepted to a school of higher learning. Additionally, applicants must plan to concentrate in one of the following the fields: conservation, horticulture, botany, oceanography, forestry, city planning, landscape design, land management, environmental studies, or an allied field.

Applications are available from local high school counselors or by contacting a member of the HNGC. Completed, signed applications must be delivered to Carol Johnston, 46 Bay View Ave., Quincy, MA, 02169. The deadline for submitting applications is May 1, 2017.

Upon timely receipt of completed applications, accompanied by a written statement of each student's educational goals (students should not write their names on the essay page), the HNGC Student Awards Committee will review and consider materials. Student(s) granted an award will be notified by phone or mail by May 15, 2017.

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HN Residents Want City To Purchase Louis Lot

To Help Save Restaurant, Stop Spaces From Being Lost To Condos

By SCOTT JACKSON

Residents of Houghs Neck who attended a recent community meeting want the city to purchase the parking lot owned by Louis to help save the business and stop those spaces from being lost to condos.

A standing-room-only crowd of 100 residents attended the community meeting Feb. 16 inside the Houghs Neck Congregational Church. Ward 1 Councillor Margaret Laforest had organized the meeting after the owners of Louis, located at 1269 Sea St., filed for permission from the Zoning Board of Appeals to sell the 11,000 square foot, 24-space parking lot located across Sea Street from the eatery.

Christopher Harrington, the attorney for Louis owner Bob Galligan, said the ZBA required the previous owner of the restaurant to maintain ownership of the parking lot in the 1990s when Louis was rebuilt following a fire. Louis has changed in the 20 years since then, Harrington said.

"We're not bringing in Aerosmith cover bands to play on Friday and Saturday night keeping people up to 1 o'clock in the morning and blasting loud music," he said. "It's a different type of operation than it was 20 years ago when the condition was put on. It's much more of a local restaurant and local pub today."

The parking lot is located in a Business B zoning district. Harrington said there are no plans for development on the parking lot site, but stated it would most likely be sold to a developer for residential use given market conditions. Under the city's zoning code, four condominium units could be built on the parking lot site by right if the ZBA were to allow the sale.

Harrington said the restaurant is struggling financially, and that's why Galligan asked him to seek approval from the ZBA to sell the lot two years ago. The owner agreed to hold off on going before the board, however, as the city contemplated purchasing the lot and making it a public parking lot. The owner submitted a new application to the ZBA late last year, and the matter is on the board's agenda for Feb. 28.

John Galligan, Bob's son, told the crowd at the community meeting Louis remains in dire straits and the 105-year-old establishment could be forced to close.

"My worst fear is this subdivision does not go through, I ultimately have to make a decision of what do I do next? Do I take my efforts I'm putting in here and move outside of Houghs Neck because of the situation I'm caught in?" Galligan said.

"I don't want to do that by any means. I want to keep the doors open at Louis. I want to keep the customers of Louis happy. I want to keep growing into the future."

Several residents who spoke at the meeting balked at the idea of letting Louis sell the parking lot to a developer. They expressed concern about losing two dozen spaces in an area where parking is at a premium already, plus the prospect of new condos going up in the neighborhood.

"We need to keep that as a parking lot," Leo Ladas said. "I think Louis is a great place – a great place for locals to hang out – but we need to understand how much parking we need in Houghs Neck. Parking is horrible. Driving is horrible."

Instead, some suggested the city revive the proposal to purchase the lot and maintain it as a public parking facility. Mayor Thomas Koch had asked the City Council to do so in April 2015, at a cost of $300,000, but the measure died in committee when it was not voted on before the end of the session that December.

"To me it would be a win-win – to keep the restaurant and to keep the lot," Merle Jacobs said of the city purchasing the lot.

"I would really like to see the city buy that parking lot," Susan Lewis said. "Everything is so tight down here. I think that the city should recognize the value of the community and the nature of the community, and by purchasing that they would be doing it."

About two-thirds of those in attendance said they would support the city purchasing the lot in a show of hands at the tail end of the meeting.

Not all those in attendance were on board with the idea of having the city purchase the lot.

School Committee member Anne Mahoney, who has twice challenged Koch in mayoral elections, said such a purchase would amount to the city bailing out Louis.

"This is opening a can of worms we're not really talking about," said Mahoney, a resident of West Quincy. "What we're doing right now is buying a parking lot from an existing business that's not doing well," she said. "Are we going to do that for every business that has a need?"

Laforest in response said the purchase wouldn't be a bail out of the business, but rather keeping an amenity that benefits the local community.

Laforest said the city could consider several funding sources, such as hotel tax receipts or a grant from the Massachusetts Seaport Economic Council. Alternatively, she suggested Houghs Neck residents could come together and raise the funds on their own.

Chris Walker, Koch's communications director, said the city remains open to purchasing the parking lot as part of the broader plans to rehabilitate the nearby Houghs Neck Maritime Center. Walker noted the city owns other parking lots that support local businesses, such as one on Vane Street in North Quincy and others in Quincy Center.

"The city does own public parking facilities that do support businesses. This would be a public parking facility that supports a business, but also supports a bigger piece of activity in the area," Walker said.

"We would love to have another stab at the property. If it works out, great. If it doesn't, that's the way it goes…but we remain just as interested tonight as we did two years ago."

Walker said the city would likely need a new appraisal if Koch were to propose purchasing the lot again, but said the original asking price of $300,000 is not overly burdensome.

"When you talk about capital items that the city does spend money on – new schools, roads, bridges and those sorts of things - $300,000 is not a deal breaker for the city," he said. "It is not overly burdensome."

Laforest said she would ask the Zoning Board of Appeals to continue its hearing on Louis' request to a future meeting to allow the city time to contemplate purchasing the lot. She said she could not support granting permission to sell the lot without a plan for the land in place.

Harrington, after the meeting, said he would need to speak with his clients before deciding whether to proceed with the request at the Feb. 28 ZBA meeting.

Quincy Democratic City Committee To Hold Caucuses March 2

The Quincy Democratic City Committee (QDCC) will hold the Quincy Democratic caucuses to determine delegates and alternate delegates to the 2017 Massachusetts Democratic State Convention.

The date of the caucus is Thursday, March 2. Doors will open at 6 p.m. and the caucuses will start at 7 p.m. at the Fore River Clubhouse, 16 Nevada Rd. All Wards – 1, 2, 3, 4, 5 and 6 – will be holding their caucuses at this location.

Eligible pre-registered Democrats are allowed to participate in Democratic Caucuses. Sixteen and seventeen year-olds who pre-register to vote with the City Clerk and who will be age 18 or older by Sept. 11, 2018 may participate.

Such a person may participate equally with all other Democrats, as a voting caucus participant or candidate for delegate or alternate. Any resident of the ward may register to vote as a Democrat and participate in the caucus. Same day registration will be available at the caucus.

Any person not shown on the party registration list must either provide proof of Democratic Party registration or pre-registration or register prior to the close of the caucus registration period. People can either register online or with paper registration forms or register at the caucus.

Any registered Democrat who is not elected as a delegate or an alternate delegate and who meets the qualifications may apply to be an add-on delegate in the following categories: youth (between 18 & 35 years of age), minority and disabled. Elected delegates, alternate delegates must pay a convention fee of $75.

This year's Massachusetts Democratic State Convention will be held Saturday, June 3rd at the Tsongas Center in Lowell, and will adopt a new Party Platform.

For more information regarding the Quincy Democratic caucuses contact QDCC City-Wide Chairperson Alicia Gardner by email at alicia.gardner6@gmail.com.

City of Quincy

2017 DOG LICENSE REMINDER

Starting March 1, the Quincy City Clerk's Office will be accepting 2017 dog license renewal forms.

The fee for all Dog Licenses is $10.00. Any Dog License renewed after May 5th, 2017 will be charged a $10.00 late fee. Please bring proof of current Rabies shot or call the City Clerk's office to verify expiration date of the rabies shot.

LICENSES MAY BE RENEWED BY MAIL. Please make check payable to: CITY OF QUINCY and mail to:

Quincy City Clerk
1305 Hancock St.
Quincy, MA 20169

If you no longer have your dog, or have moved out of Quincy: Call the City Clerk's Office at 617-376-1135 or 617-376-1136 so the office may update its records.

RABIES CLINIC 10 AM - 1 PM
Saturday, April 8, 2017: * $20.00 *****
Quincy Animal Shelter
56 Broad Street
Bring in proof of last rabies shot!

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QUINCY CHORAL SOCIETY will present a concert featuring musical numbers chosen by the chorus Sunday, March 5 at 2 p.m. at the Quincy Catholic Academy auditorium, 370 Hancock St., North Quincy. *Photo Courtesy QSO*

'Getting to Know QCS' Concert March 5

Continuing its 2016-2017 season, Quincy Choral Society performs much loved musical numbers chosen by the chorus.

The program includes "Uma Familia" (We Are One Family), with words and music by Jay Althouse; "How Can I Keep from Singing," arranged by Gwyneth Walker; "This Is My Song" based on "Finlandia" with lyrics by Lloyd Stone; and "Coming Home," with words and music by Jay Althouse.

The concert will be held on Sunday, March 5th, at Quincy Catholic Academy Auditorium. The afternoon includes a silent auction, bake sale, and some surprises to benefit the chorus.

A highlight of the auction is the opportunity to conduct the chorus performing "The Hallelujah Chorus" from Handel's Messiah. Auction bidding begins at 1:15 p.m. with the concert following at 2 p.m.

Quincy Catholic Academy is located at 370 Hancock St., North Quincy. Tickets are $5 and will be available at the door. This popular event will be sold out, so come early to buy your ticket and bid.

Quincy Choral Society was founded in 1981 for the purpose of bringing musical excellence to the South Shore and the world. Members sing with music in their hearts, performing diverse, professional quality programs designed to entertain, enlighten, and enrich the human spirit.

The chorus performs locally and has performed in music festivals in Washington, D.C., in Europe, and, most recently, at Carnegie Hall in 2015 as part of the Masterworks Series. In December 2015, the Quincy City Council recognized Quincy Choral Society for bringing music and joy to the City of Quincy for 35 years.

For additional information about this and future concerts, visit quincychoral.org and "Like" us on Facebook.

Schools Receive $121K STEM Grant

By SCOTT JACKSON

Quincy's school system has a received a $121,890 grant to boost STEM programs in the city's middle schools.

The Massachusetts Life Science Center's STEM (science, technology, engineering and math) Equipment Grant will fund the purchase of equipment and supplies in the city's middle schools. The program helps schools train students for life sciences careers, increase student achievement and student interest in STEM fields, and support the implementation of the state's STEM standards.

A portion of the grant will also be used for professional development, allowing educators to familiarize themselves with the new equipment and supplies.

Gov. Charlie Baker announced the grant to the Quincy Public Schools Feb. 16. Forty-nine recipients statewide received grants totaling $4 million from the program.

"Our administration is proud of Massachusetts' global leadership in the life sciences, and we are committed to advancing that standing, training the next generation of entrepreneurs, and connecting residents across the state to careers," Baker said in a statement.

"The projects that we are announcing today demonstrate our commitment to investing in the innovation economy, supporting game-changing technological research, and creating jobs in every region of the commonwealth."

"These capital grants from the Massachusetts Life Sciences Center deepen our administration's efforts to build vibrant regions, from Cape Ann to the Berkshires," Lt. Gov. Karyn Polito added.

"By training middle school and high school students on state-of-the-art STEM equipment, and creating new pipelines for workforce development and scientific breakthroughs, these awards will create new economic opportunities in communities, and help build a stronger Massachusetts."

Timothy Riley Nominated To U.S. Air Force Academy

Cong. Stephen F. Lynch *(D-Boston)* recently announced the nomination of Timothy Riley of Quincy for appointment to the U.S. Air Force Academy.

Riley, the son of John and Deborah Riley, is a senior at Archbishop Williams High School.

As part of his congressional duties, Cong. Lynch nominates exemplary candidates to the United States service academies each year.

"These men and women are the best of the best and I am proud of their desire to serve our great nation," Lynch said. "The academies graduate leaders who will guide our country into the future and the young people who attend the academies are entrusted with the greatest responsibility – to serve and protect the United States of America."

Lynch said Riley was highly recommended by his teachers at Archbishop Williams High School.

"He is a remarkable young man and we are fortunate that young people like Timothy are committed to serving our nation," Lynch said.

Lynch and his congressional liaison to the United States Service Academies, Bob Fowkes, examined each candidate's record of academic, athletic, and service achievements in addition to evaluating letters of recommendation.

After an extensive review process and a personal interview, Timothy Riley was selected as someone whose scholastic record and community contributions elevated him to the top of a list of well-qualified candidates.

"There were many impressive candidates this year for the U.S. Air Force Academy," Lynch said. "Timothy stood out as a young man of keen intelligence and strong character. He is a wonderful reflection of his parents, John and Deborah. The Riley family, the city of Quincy, and the entire Commonwealth of Massachusetts should be proud of Timothy in this achievement."

Students interested in attending one of the United States Service Academies should contact Bob Fowkes in Congressman Lynch's Boston office at (617) 428-2000.

Robotics Team Marking 22nd Anniversary

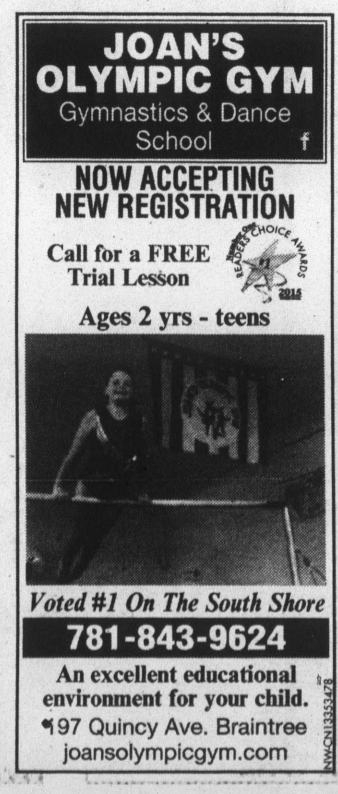
The Quincy Public Schools Robotics Team HYPER 69 is celebrating their 22nd year as an official team of the FIRST Robotics Competition.

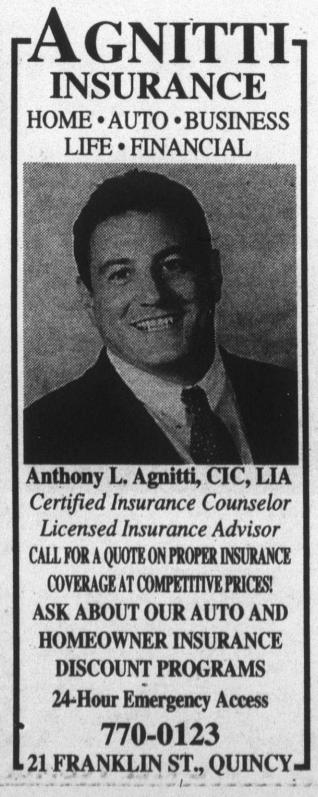
The team is in the midst of a six-week-long build season in which they design, fabricate, and assemble every aspect of a robot for the 2017 FRC game, SteamWorks.

Consisting of about 30 QPS high schoolers, 6 QPS teachers, and 10-15 volunteer mentors/HYPER alumni, the team meets seven days a week in the Bethany Congregational Church basement. Students on the team looking to get involved in the creation of the robot are learning lessons in mechanics, programming, and electrical. Students with artistic interests are assisting with graphic design, photography, and written award submissions. All students are encouraged to try new things, get involved, and challenge themselves on a daily basis.

Robotics Team 69 was founded in 1996 and has been providing a safe learning environment for students with diverse interests for 21 fun-filled years. Programs such as QPS Robotics create long-lasting communities between teachers, alumni, and students looking to learn. Team HYPER strives to teach students how to work as a team while simultaneously developing a sense of independence and pride in the work they do.

Today, they are celebrating 22 years of education and looking forward to many, many more.





NOTICE OF PUBLIC HEARING

CITY OF QUINCY
BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the General Laws of Massachusetts that the Board has received an application from D. Lee Enterprises, Inc., d/b/a Pat Sheehan's Pub, 536 Washington St. for Transfer of the CV All Alcohol Restaurant License, presently held by Greater Hospitality Inc. A hearing will be held in the First Floor Meeting Room, 1305 Hancock St., Quincy.

TUESDAY, MARCH 7, 2017 @ 4:00 P.M.

Andrew G. Scheele
Chairman

2/23/17

Real Estate

Quincy Real Estate Transactions Feb. 13 - Feb. 17

Transactions are compiled by the Norfolk County Registry of Deeds

Seller	Buyer	Amount	Address
Margaret J. Malek	Elite Property Development LLC	$245,000.00	16 Ames Street
Joseph H. & Dorothy J. Palumbo Trust	65 Gilbert Street LLC	$450,000.00	59 Gilbert Street
Peter W. & Richard Lucier; Claire Lynch, Brenda Coyne & Carol A. Lane	Luis Flores	$100,000.00	54R West Street
Stanley M. & Sheila Miller	Bashar Al-Nakhala & Margaret Lohman	$710,000.00	25-29 Atherton Street
Cryscora LLC	16-18 Grand View Avenue LLC	$960,000.00	16-18 Grand View Avenue
Stephen F. & Dianne M. Kane	Dean Arnold & Yi Zhou	$369,000.00	36 Tinson Road
Steven Maffeo	Romeo M. & Erlinda G. Caringal	$245,500.00	72 Watkins Street
U.S Bank N.A.	U.S. Bank N.A.	$344,788.35	10-12 McDonald Street
Emerald Realty Trust	Flavin Realty LLC	$700,000.00	243 Marlboro Street
Charles H. Breen	Lucas, Yan L. & Quan Liang	$425,000.00	15 Thornton Street
Michael A. McKeon	Kevin Arnold	$347,000.00	29 Peterson Road
Richard G. & Ann M. Ash	Jacklyn Nguyen	$380,000.00	41 Graham Street
Claire Conway	Maggie H. Louie & Meiling He	$175,000.00	772 Willard Street Unit B-9
Sterling Ventures Inc.	Michael R. Giordano	$274,000.00	40 Cross Street Unit A-9
Warde & Hassan Haydar	Lihua Li	$249,900.00	115 West Squantum Street Unit 909
Jeffrey M., Donna L., Yves R. Poirier; Sarah Anderson	Lin H. Zhang & Suna Situ	$403,000.00	151 Liberty Street
L&E Realty Trust	Junmei Luo	$220,000.00	35 Desmoines Road Unit 407
Joseph Ryan	Eric J. Gill & Lisa K. Moores	$520,000.00	32 Churchill Road
Richard Cimino	Agatha Legocki	$302,500.00	240 Palmer Street
Galina M. Ivanova	MTGLQ Investors L.P.	$193,913.42	1 Cityview Lane Unit 604
Deborah L. Carter	Hai-Quyen Tran & Loan Duong	$610,000.00	27 Ridgewood Lane

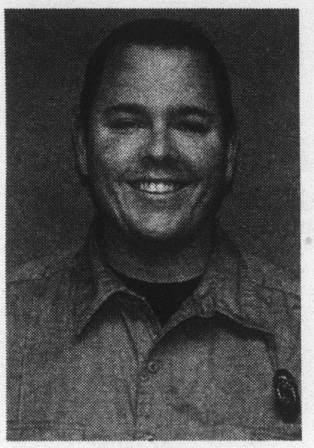
Protecting Yourself, Others From Accidental Death

By MIKE SLADE
Fire Prevention Bureau
Quincy Fire Department

This year, Quincy has already suffered two tragic deaths related to fire. Quincy Fire strongly wishes to avoid any further accidental fire deaths moving forward.

To do this, we urge citizens to make sure that you have a working smoke detector on each level of your home. The placement of smoke detectors is critical for survival if in a house fire. At minimum, residents need to make sure that smoke detectors are placed at the bottom of each stairway, within the landing, and mounted to the ceiling.

Smoke detectors need to be outside of each sleeping area as well. The best kind of fire protection in a home is hardwired, interconnected smoke detectors. This way, all smoke detectors throughout the house will activate when smoke triggers an alarm.



MIKE SLADE

If you should have any questions as to the placement of smoke detectors in your home, please call the fire prevention office. You can also view the city of Quincy's website for information on proper placement of alarms.

Last year, Quincy had zero accidental deaths fire related. However, there were numerous close calls that most likely all could have been avoided. Multiple residents who were involved in house fires last year in Quincy suffered carbon monoxide poisoning and had to be treated in hyperbaric chambers to recover.

To avoid carbon monoxide poisoning in your home, please make sure to have working carbon monoxide detectors on each level of your home. If the detectors are going off, please get out of your home immediately and call 911.

To prevent dangerous carbon monoxide levels in your home, please make sure that all vents are not obstructed in any way. This includes dryer vents, forced heat vents and hot water vents. Please have your chimney flue and your heating system inspected annually by licensed professionals.

To increase your odds of survival if involved in a home fire, Quincy Fire strongly urges residents to have a practiced home fire escape plan in place. Make sure that all planned primary and secondary exits are always unobstructed. When snow is a factor, please remove snow from bulkheads and other exits of your home. Check your vents to make sure they are not snowed in as well.

Last year, the Quincy Fire Department responded to 10,655 emergency calls – 773 of these calls were fires, 442 of these fires involved a structure, and 341 of these fires were directly related to cooking. Please make sure to never leave your stove unattended when cooking.

Never attempt to extinguish a cooking fire with water. Get out and call 911 immediately.

Last year I met a Quincy resident who thought he could extinguish a small stove fire himself. He spent two weeks in the hospital with serious burns to both of his arms and face. Please get out, call 911, and let Quincy Fire extinguish the fire. Quincy Fire maintains a response time of less than three minutes.

Last year, Quincy suffered 43 accidental deaths related to overdose. There is not an area in Quincy that is not affected by the opioid epidemic. The problem exists in all communities throughout our city, and throughout the Commonwealth.

Quincy Fire has responded to hundreds of overdose emergencies last year, and we continue to respond to accidental overdoses at alarming rates. All accidental deaths in Quincy are devastating and unacceptable and we need to do our best to avoid such deaths. If you have a friend or family member who is in danger of overdosing, please make sure to have narcan and a CPR mask on scene with them.

If you witness an accidental overdose, please call 911 immediately. While waiting for first responders to arrive, you must make sure that the victim is breathing. Administer the narcan immediately and provide rescue breaths for the victim using a mask if needed.

The Quincy Department is dedicated to protecting the citizens of Quincy. If you should have any questions or concerns whatsoever, please do not hesitate to call the Quincy Fire Prevention Bureau at 617-376-1015

State OKs Boiler Replacement At 4 Schools

Cont'd From Page 1

The four projects have a combined estimated total cost of $3.54 million. The MSBA will reimburse the city $2.18 million for the work, leaving Quincy responsible for the remaining $1.36 million.

The financing for the boiler replacements requires City Council approval. A request to borrow the full $3.54 million cost for the projects was set to be introduced at Tuesday's council meeting, where it will be referred to the finance committee for further review. The council is required to authorize financing for the entire amount, and then the MSBA reimburses the city its share of the costs.

Laura Owens, assistant to Superintendent Dr. Richard DeCristofaro, said the replacements would be completed over the summer if councillors approve the financing agreement. Each project would be limited to the school's boiler room, she said, so classes would not be interrupted even if the work were not done before the new school year starts in September.

The MSBA approved a total of 35 accelerated repair projects in 20 school districts during its meeting Feb. 15. The projects have a combined cost of $96 million, of which the state will reimburse communities $54.3 million.

"The accelerated repair program allows us to make critical repairs to more schools in less time," state Treasurer Deborah Goldberg said in a statement. "By improving the learning environments for our children, the program also makes schools more energy efficient and generates significant cost savings."

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After 40-Year Career, Fire Chief Joe Barron Retiring

Cont'd From Page 4

could tune it. But it wasn't like transistors that came out afterward. You had to constantly fiddle with the dial to find out you were on the right frequency because it drifted.

"Even though they had more catastrophic photos back then," Joe explains, "they didn't have nearly the amount of calls we have today. In order to know I had something that I could tune into, at 6:30 in the evening there was a radio test so I knew I could hear every bit of apparatus in the city. And I could make sure I was fine tuned so I could get it on the radio."

But the radio's signal was weak because it lacked an antenna.

Enter a firefighter "to the rescue."

One day, Fire Captain Eddie McAdams paid Joe a surprise visit to his house.

"The house I lived in was a cape with two dormers and my bedroom had an A-dormer in the front. I could hear a rapping on the window. I opened the window and there's Capt. McAdams with a ladder up to my window and on a piece of (wood) strapping he had nailed an old antenna from one of the fire trucks.

"He told me to open the window and handed the wire to me to plug into my radio. He said 'you need a matching antenna – you don't have a good antenna."

Joe says his dad was probably not too happy because he had painted the house and now there was an odd piece of equipment hammered to the front of the house.

"Maybe it didn't fit in with the style of the house but he never told me to take it down, either. I had good reception after that antenna went up. Back then we didn't have portable radios. We were in the infancy of radio communications compared to what we have today."

That wasn't the only time the Barron house was altered for fire communications.

Joe's dad served for a time as acting chief between Tom Gorman, Sr. and Edward Barry in the 1960s.

"In those days, they used to take the announcements that you would hear in the fire station sending the apparatus out they would take that wire and put into the chief's house. They did it at my house for almost a year that my dad was acting chief."

Joe notes he is the second oldest of six siblings. "There was always a baby in the house growing up, One morning around 2 or 3 a.m. the horn went off for a fire. I thought it was the greatest thing in the world."

But his mom thought otherwise.

"My mother immediately put and end to that. She had the wire cut. I thought I was going to hear every announcement. She said there's a telephone – they can call you."

Chief Barron is 62 years old and turns 63 on Oct. 1. He could stay on until he reaches the mandatory retirement age of 65. But he says he will step down sometime later this year.

Before he bids the department goodbye, he first wants to oversee the training for a new group of recruits that could be the largest in the department's history – upward of 28 new firefighters. He also wants to help formulate the department's budget for Fiscal Year 2018 which will be submitted to the City Council sometime this spring and begins July 1.

"I want to be sure the budget is approved and the resources are there for the next chief," he says.

A Coast Guard veteran of four years, Barron was 23 years old when he was appointed to the Quincy Fire Department in 1978. He was promoted to lieutenant April 11, 1993, captain on Oct. 22, 1994 and Deputy Chief July 1, 2002. He became acting chief July 15, 2008 and chief Nov. 17, 2009.

After nearly nine years in the top spot, Barron says he's stepping down to spend more time with his family and traveling.

"My wife (Patricia) and I are in good health right now and we'd like to spend more time together traveling and more time with our two grandchildren." Patricia is retiring after 30 years with the Plymouth District Court.

Quincy has one of the largest fire departments in the state with some 200 firefighters stationed at eight fire houses. One of the main responsibilities of the fire chief is the department budget.

"It's a legal document that you work within the confines of it and the budget actually reflects what the expenses should be for the year. It's something you are constantly referring to and looking at whether it's a vendor, equipment, you want to make sure you are getting the best prices for things and getting the best service."

Barron praised Mayor Thomas Koch for "providing the tools" that the department needs.

"It's up to me to make sure all of those tools are put to the best use and are taken care of and maintained."

Personnel is also a priority for the chief.

FIRE CHIEF JOSEPH BARRON stands with portraits of some of the other 13 individuals who have served as Quincy fire chief since Quincy became a city in 1888. Chief Barron holds the frame of Chief Thomas Gorman, Jr., whose father, Thomas Gorman, Sr., also served as Quincy fire chief. The portraits hang in the chief's office at fire headquarters on Quincy Avenue. Chief Barron will be retiring later this year.

Quincy Sun Photo/Robert Bosworth

"Whenever you have 200 employees, you have to handle them all the same but you have to have some compassion, too. Everybody is different," he explains. "Everybody comes from different backgrounds and you have to mold the organization so that everybody is going in the same direction but you still have to recognize that everyone is an individual and in some respects have different needs.

"Within the constraints of the (union) contract you have to be understanding and it's not always easy."

Reflecting on a nearly 40-year career, Barron acknowledges some happy times but also the tragic ones.

"Firefighting is really about helping people. I worked with some great crews through the years – most of the guys I came up with are retired. But we still get together. With this new group of recruits, I'll tell them to take more pictures. I don't think I have enough pictures of the various crews and various stations I've worked on. It would be nice to have those."

By its very nature, firefighters are called upon to help people in their darkest hours. Barron says it's important to help ease their pain as much as you can.

"One thing that I've always found difficult is responding to a suicide. One that stands out in my mind is a building that I went through. It was a multi-family and it was close to Mother's Day. It was an older woman with an adult child who committed suicide."

Barron was on the scene as were EMTs. They were waiting for the medical examiner to arrive. The person was clinically deceased.

"I called the dispatcher and told him we are on scene and we would remain here for a while but I am available for calls. I made the mother a cup of tea and just sat there with her. For some reason that stands out.

"It's not as flashy or heroic as some things – but I didn't want her to be alone and I felt just terrible for her. Anytime you lose a child in any building we get there we do the best we can. Sometimes that person's fate is sealed before the fire truck ever leaves the building."

Firefighters are trained to respond to emergencies and are aware there will be victims. They are human. When they show up to a fire or other life-or-death situation, there can be a feeling of helplessness if dangerous conditions prohibit a rescue attempt.

The chief is asked how do firefighters get through a tragedy like the recent fatal fire in Houghs Neck that claimed a 67-year-old grandmother and her 19-year-old grandson.

"The older guys who broke me in (after first joining the department) would keep it internally. I can remember my father going home and myself and you'd be a little depressed. I can remember my dad all of a sudden you'd get a hug and you wouldn't know what it was for; and his eyes might be a little bit glazed.

"I've been in that position myself. You hug your children, you hug your wife and hopefully you have some faith that you can draw from to help reconcile it that way."

Today, the chief points out, there are critical incident stress teams that offer support.

"We encourage people to talk about it and talk out their issues. I haven't been to too many incidents that I didn't feel that I could have done something differently.

"Most recently in Houghs Neck that building was fully involved when we got there," the chief says. "There was really nothing more that could have been done. I got all the firefighters there together and told them 'I don't want any of you second-guessing yourselves. There was absolutely nothing else you could have done.'

"I told them about my own dad coming home with his head down and you hug your children and you hug your wife and you look for that inner strength.

"My father's generation shouldered a lot of it. Today, we encourage people to talk about it. You need to find a way to verbalize to be able to reconcile it within yourself."

There are other sad and somber tributes that remain etched forever. Among them the funerals in NYC for some of the 400 first responders killed in the 9-11 attacks and remembrance service for six firefighters lost battling the Worcester Cold Storage and Warehouse fire that killed six firefighters Dec. 3, 1999.

Commenting on the 9-11 funerals, Barron said:

"I felt a little guilty because the New York people treated us so well. We'd get into cabs and they wouldn't charge us. When the union officials asked what could we do to help, they said they had so many funerals we're afraid we won't get the numbers there for certain families.

"They asked fire departments to attend some of these funerals – some were multiple on the same day. We went down on Amtrak and had various groups go down. If you got on an Amtrak train from Boston to head to New York, I think there were more uniforms on the train than regular passengers. They just ushered us on the train.

"Most of us stood going down. It was very solemn."

While the 9-11 terrorist attacks affected many walks of life, Barron said New York Fire Departments suffered "an extreme burden and an extreme loss over it."

He said it's hopefully an event that is never repeated but with the Worcester Cold Storage and Warehouse Fire, that was a tragedy that could happen again.

He still has the Mass card from the memorial service that was held at the Worcester Centrum Centre. Besides firefighters from throughout the U.S., Canada and Ireland, the ceremony was attended by President Bill Clinton, Vice President Al Gore and the Bay State's two senators, Ted Kennedy and John Kerry.

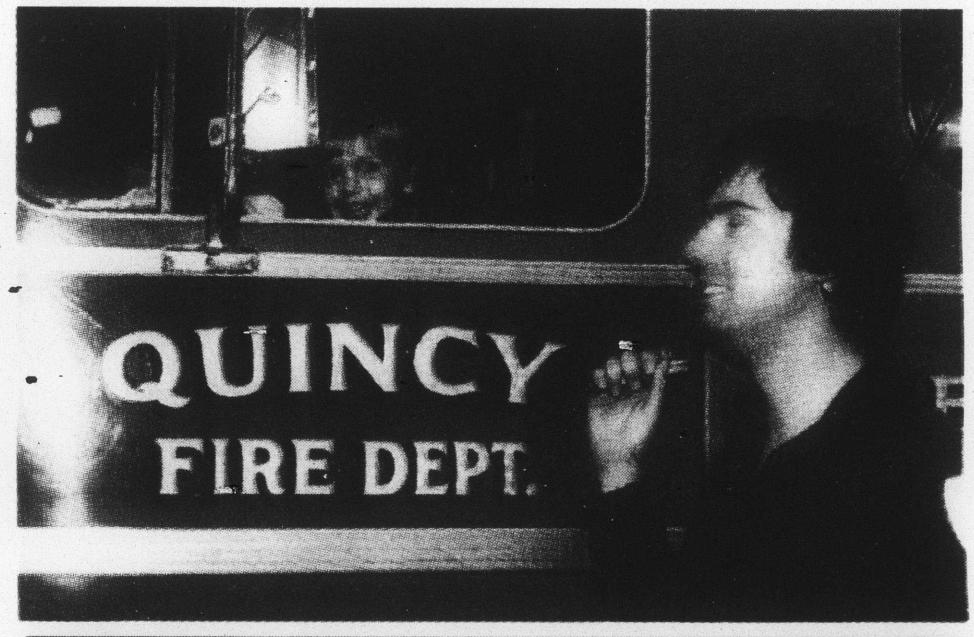
Barron's file on the ser-

Cont'd On Page 15

'I ALWAYS WANTED to come to work and you never wanted to miss anything – never wanted to miss a fire," says Quincy Fire Chief Joseph Barron (right, at the scene of a fire). Barron will be retiring later this year capping a 40-year career with the department.

Photo Courtesy Quincy Fire Department

FIREFIGHTING FAMILY – The Quincy Fire Department has been well served by members of the Barron family. Above: Fire Chief Joseph Barron (left) as a Quincy firefighter with his father, Quincy Deputy Chief William Barron, and brother William Barron, also a Quincy firefighter. Below: Quincy Fire Chief Joseph Barron in 1982 as a Quincy firefighter looks on as his son, Joseph Jr., gets comfortable behind the wheel of a fire engine. Joe, Jr. is now a Quincy fire lieutenant. Above photo by Peter Silawon. Photo below courtesy Joseph Barron.



Fire Chief Joseph Barron Retiring After 40-Year Career

Cont'd From Page 14

vice also includes a copy of the Firefighter's Prayer offered by Sen. Kennedy. Written by retired New York Firefighter James McNulty and entitled "May They Never Be Forgotton," the poem reads in part:

"As firemen, we undersand

"That death's a car dealt in our hand –

"A card we hope we never play,

"But one we hold there anyway.

"That card is something we ignore,

"As we crawl across a weakened floor.

"For we know that we're the only prayer

"For anyone that might be there.

"So remember, as you wipe your tears,

"The joy I knew throughout the years.

"As I did the job I loved to do,

"I pray that thought will see you through."

But there are plenty of upbeat, funny moments that Barron will always cherish.

"I never really felt I was going to work. . . .you felt like you were going to hang out with the guys," he says. "We had great cooks, great food. Coming from an Irish household, one day they served eggplant. I thought they were pulling my leg that it was a plant. I couldn't believe some of the food that came out of here.

Barron says he also relishes the days of congregating with his brothers around the lone TV in the firehouse.

"It was a big TV, but we only had one and all watched the same thing."

One time the guys were gathered around the tube watching a boxing match. The fight was almost over as one of the boxers moved in for a knock out.

"Someone snuck out the back door of the TV room, went down to the fuse box and backed out a fuse so the whole room went dark," Barron recalled smiling. "There was yelling and screaming and the next thing you know there's a pig-pile on someone."

Barron says firefighting is a team approach.

"Everyone knew what their job was and it was something you wanted to be a part of. When I think of the older officers who were on the job when I got here they were like uncles to me.

"It was a lot of fun. I always wanted to come to work and you never wanted to miss anything – never wanted to miss a fire. If someone got hurt you felt if you were there maybe you could have seen something differently and pulled them back.

"You always wanted to be here," he says, sitting behind his desk with family photos positioned nearby. "Growing up in this city and working for this department has always been a thrill. I used to tell people when I got on the fire department that I got to go through red lights and break windows.

"I would have done that for nothing.

"It's been great. My dad told me it would go quick. When you're a young guy you don't believe that. But it's true."

Joe Barron's dad died a few years ago. He was 92.

"He retired at 62 and he enjoyed a long retirement and my mother and he traveled and stayed healthy until their late 80s."

There are other Barron firefighters. Joe's brother, William, Jr., joined the department in 1975. He is also retiring this year. Joe says William has also had a big influence on his decision to become a firefighter.

The Barron firefighting legacy will continue with Joe's son, Joseph, Jr. who is a Quincy fire lieutenant stationed in Wollaston.

After his final shift sometime later this year, Joe says he will miss his fellow firefighters and other colleagues the most.

"There are an awful lot of good people here. Not just in the station but throughout the city. Being able to work with other department heads you realize how important they are and how interdependent we are whether it's the police department, health department, public works – we all work together, particularly the opioid crisis.

"We've had incidents fairly recently where we've been called multiple times to the same address. We talk to the police department about other calls to the same address and we work with the health department and the mayor's office to fight this problem and to see if we are all doing everything we can.

"That's a huge challenge for years to come."

Sometime after Chief Joseph Barron retires, Mayor Thomas Koch will appoint the 15th chief since Quincy became a city in 1888.

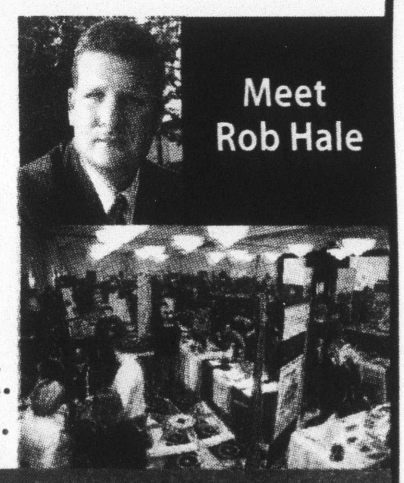
Asked what advice he has for his successor, Barron answered:

"We have a very strong union and a lot of the benefits that firefighters enjoy is because of that strong union through the years. We don't always agree but you need to talk to them early and often. As you adjust to budget challenges, challenges throughout the community, you've got to really make every effort to be on the same page."

OPEN TO THE PUBLIC

Join us for our Annual Business Showcase where 80 local companies will display their goods and services.

Tickets are $40 per person, includes light dinner buffet, admission into the Business Showcase, as well as remarks from Keynote Speaker Rob Hale
Co-founder and President of Granite Telecommunications, LLC. and Owner of FoxRock Properties.



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Thursday, March 9, 2017

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Boston Marriott Quincy

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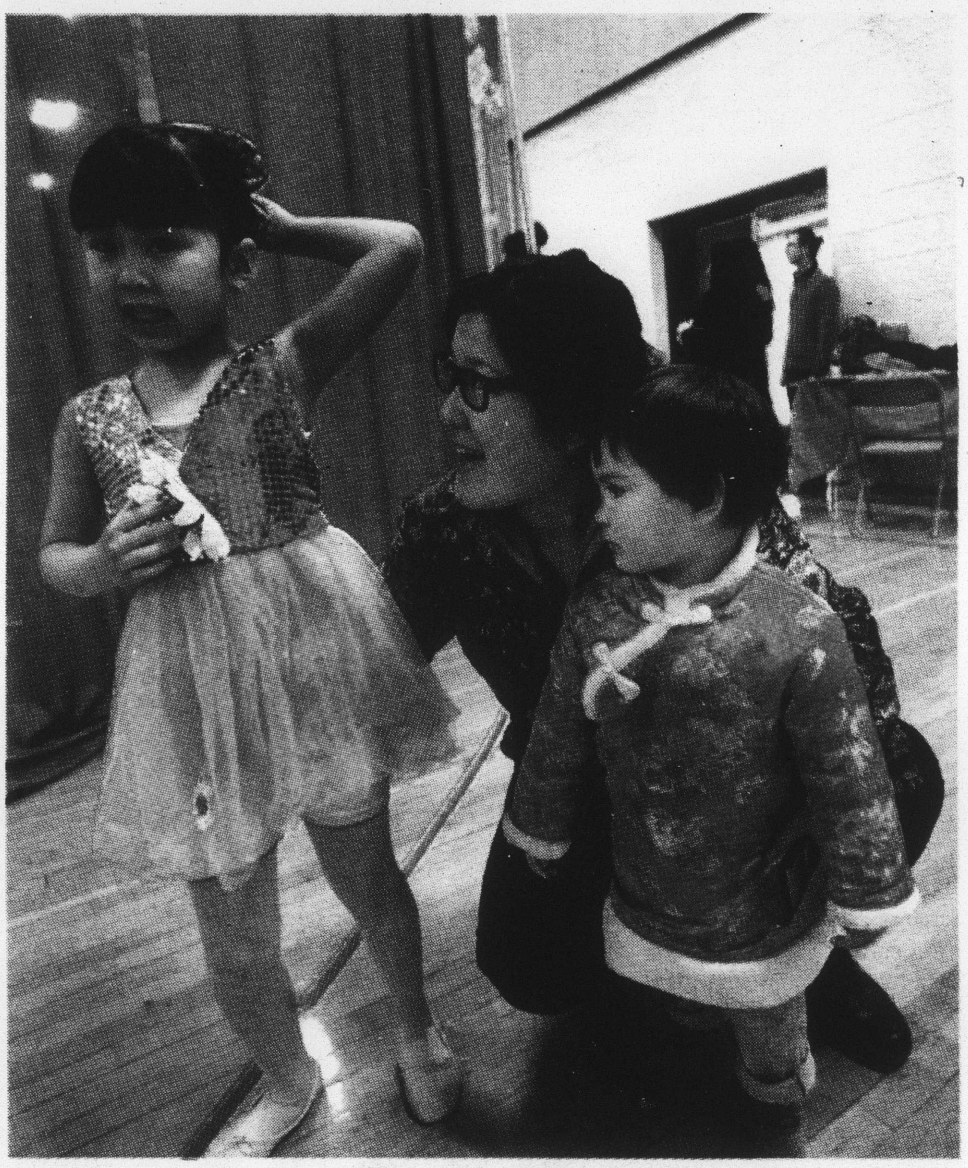
29th Annual Lunar New Year Celebration

Dance, Food, Fun Usher In Year Of The Rooster

WANG YMCA of Chinatown performs a classic Chinese dance during the 29th annual Lunar New Year celebration held recently at North Quincy High School. The celebration featured colorful dance performances, a food festival, arts and crafts and fun for all ages.

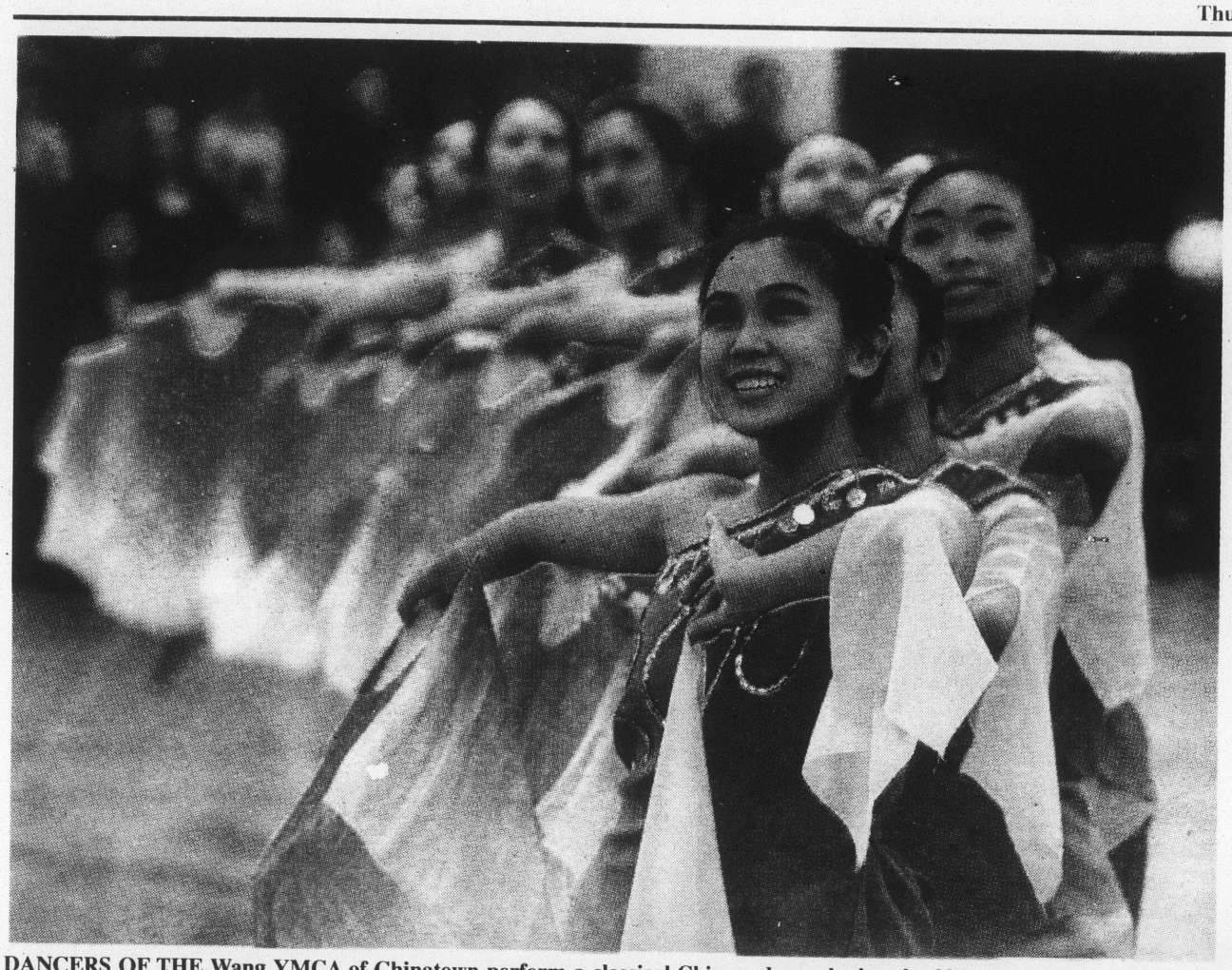
Quincy Sun Photos/Tom Gorman

JAYDEN WU and James Li play with a balloon during the 29th annual Lunar New Year celebration

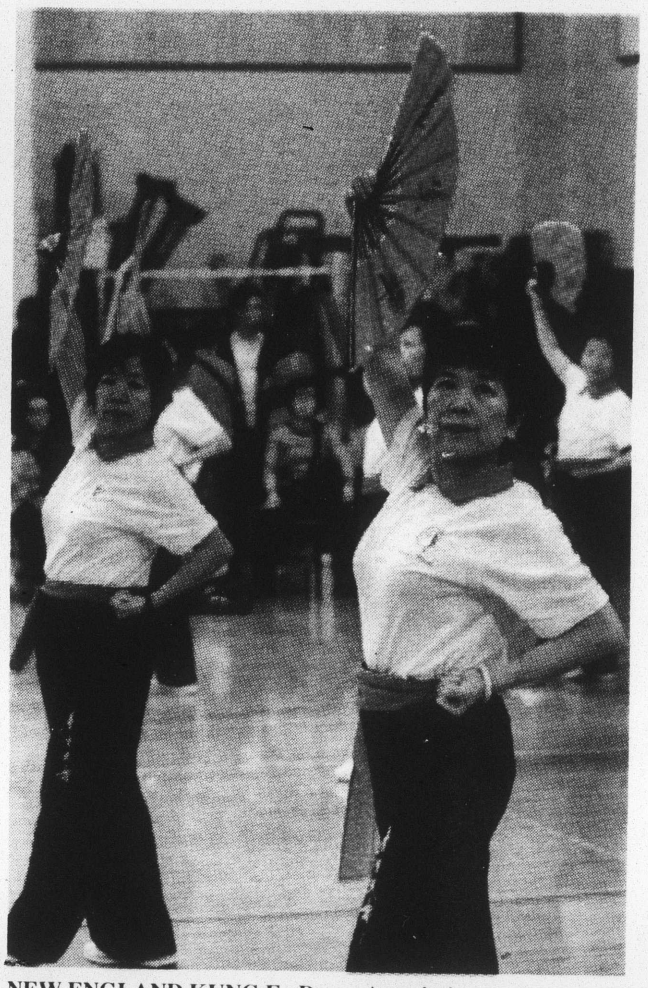


JI LI NAGGLE, left, gets ready for her performance as mom, Helen, and sister, Annalily, look on during the 29th annual Lunar New Year celebration at North Quincy High School. Photo below: Dance Revelasian members perform an ethnic Chinese dance.

BEST TACKWONDO of Quincy members demonstrate some martial arts moves.



DANCERS OF THE Wang YMCA of Chinatown perform a classical Chinese dance during the 29th annual Lunar New Year celebration at North Quincy High School. The celebration ushered in the Year of the Rooster in the Chinese calendar. The 2017 Chinese New Year arrived Jan. 28 - marking the start of the 4,714th Chinese year.



NEW ENGLAND KUNG Fu Dance Association performs with colorful fans. *Quincy Sun Photos/Tom Gorman*

SAMPLING SOME of the food featured at the 29th annual Lunar New Year celebration at North Quincy High School are (from left) Tom Haugh, Sarah Burga, Pascale Burga and Mizuki Matsuoka.

CHINESE DULCIMER GUZHENG Youth Band performs during the 29th annual Lunar New Year celebration at North Quincy High School. The celebration was coordinated by Quincy Asian Resources Inc. South Cove Community Health Center was the presenting sponsor.

NEW ENGLAND KUNG Fu Dance Association performs on traditional Chinese drums.

New York City Day Trip May 13

Members of the Quincy Council on Aging will depart from the Kennedy Center on Saturday, May 13th at 6 a.m. for a day in New York.

Upon arriving at Battery Park in New York, the group will board a ferry which will take them to both the Statue of Liberty and Ellis Island. The group will have time to view all the exhibits which focus on the great immigration to America and the effects both had on their families and their newly adopted homeland.

There are cafeterias on both Ellis and Liberty Island for lunch (not included in price).

After returning to Battery Park, the group will visit the 9-11 Memorial. This very powerful memorial memorializes all those who died in the 9-11 terrorist attacks by listing their names on fountains placed where the original towers stood.

Expected arrival home is 10:30 p.m. after a most memorable day in New York. The cost of the trip is $89. You can register for this trip by visiting the Kennedy Center at 440 East Squantum St. Payment is due at time of registration.

For more information, call the Kennedy Center at (617) 376-1506.

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Beloved Teacher, Swim Coach Bob McGillicuddy Remembered

Cont'd From Page 1

Sterling Middle School science teacher and swim coach who passed away Jan. 31 from a rare disease. Mr. McGillicuddy was 52 when he died from amyloidosis, a disease that causes a buildup in the body's organs of the protein, amyloid, that results in organ failure.

"There are special people in this world in different walks of life that make a great community because they have tremendous power of influence," said Mayor Thomas Koch during a tribute ceremony. "The influence that Mr. McGillicuddy had was over our young people."

The mayor continued, "We have tremendous teachers all across our system and tremendous coaches all across our system, but, there are always those special ones that just take it to that next level and make that connection with people along the way. I know we can all look back at our years of schooling, whether it's in the classroom, ballfield or gymnasium, and when somebody helps us along, whether it's a word of encouragement or it was a challenge, makes us better. Bob McGillicuddy made us all better.

"We thank him. We will never forget him."

Sterling Middle School principal Dr. John Franceschini fondly remembered Mr. McGillicuddy as a kind, compassionate, positive and empathetic person - traits that he showed to his students, colleagues and family.

"Bob once said to me, 'kindness makes the world go 'round,'" Franceschini said. "This philosophy truly was evident in the environment created in Bob's classroom. Being a kind teacher always helped Bob's students feel welcomed, cared for and loved. Bob always modeled his characteristics with his students with his actions. As a result, his students were more open and understanding of the world around them."

Franceschini added that Mr. McGillicuddy inspired both his students and teachers and worked to make things better inside and outside of his classroom.

"Building a community is something a great teacher seeks to do in their classroom and extend it to their entire community," he said. "Every day of his career, Bob inspired his students, his athletics and most importantly, his family, to be the best they could be."

Franceschini said that Mr. McGillicuddy's students will long remember him.

"When students get to be 30, 40 or even 50, and go out with a group of friends, they will reminisce about what teacher they admired and made a mark on their lives," he said. "I can assure you that when his students get together, they will refer to the days when they sat in his classroom and then go on to share special memories of him and say what a great teacher he was."

Sterling Middle School Assistant Principal Courtney Mitchell presented Mr. McGillicuddy's widow, Carla Angevine, with a plaque, paying tribute to his 23 years as a "dedicated teacher, colleague, coach, mentor and friend serving with commitment, leadership, and kindness."

South Shore YMCA Vice President Eric Snyder spoke of Mr. McGillicuddy's eight years of coaching youngsters at the "Y."

"He was the most caring coach that these kids could have," he said. "He wasn't the coach for the elite. He could coach the elite. He was the coach of every single individual that was in the water on a given day. He

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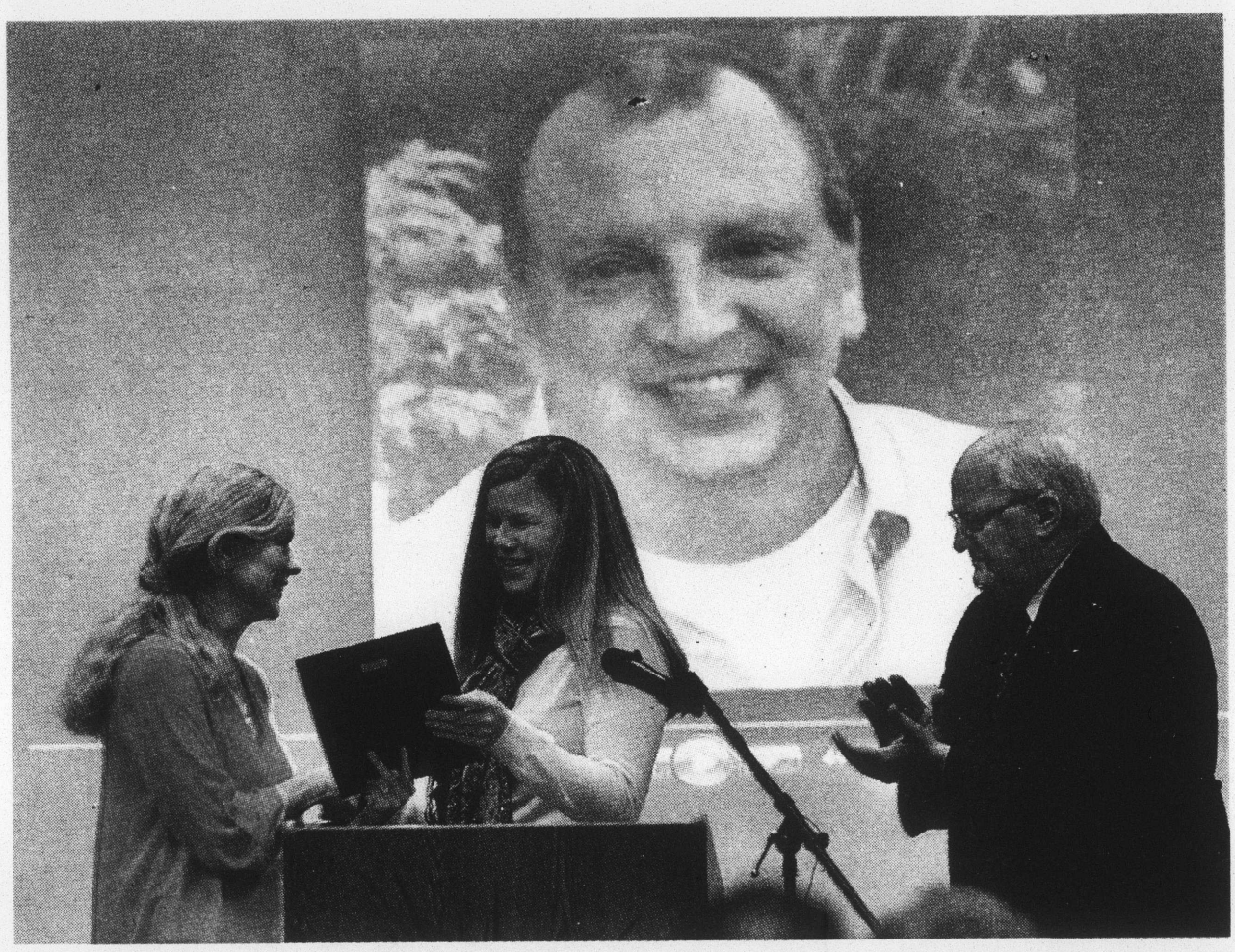
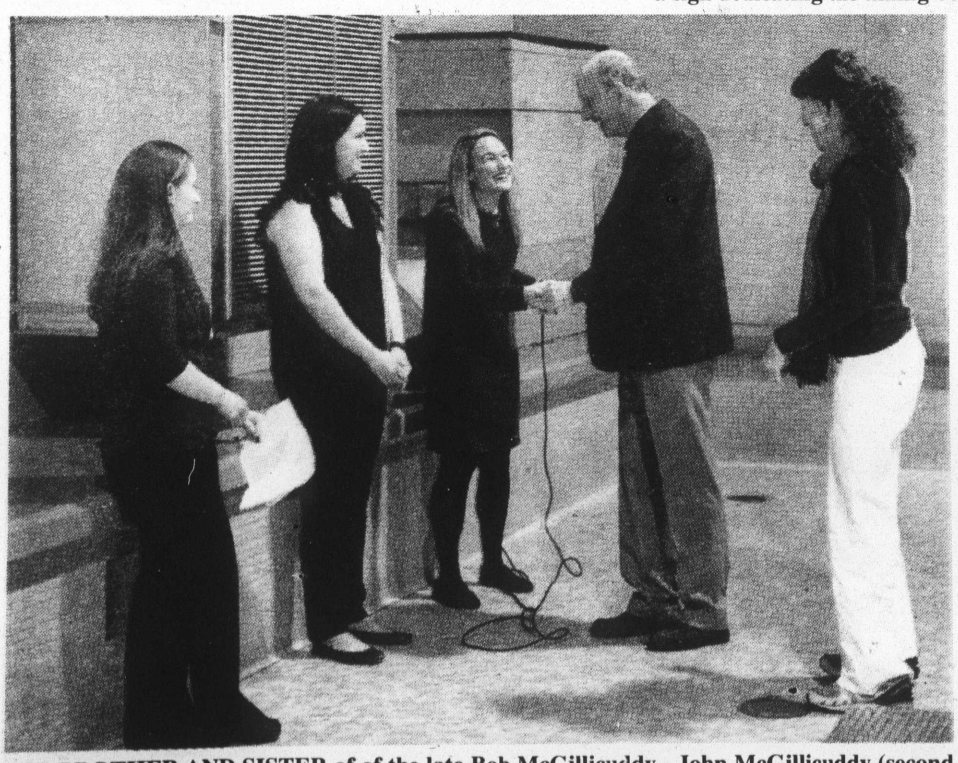
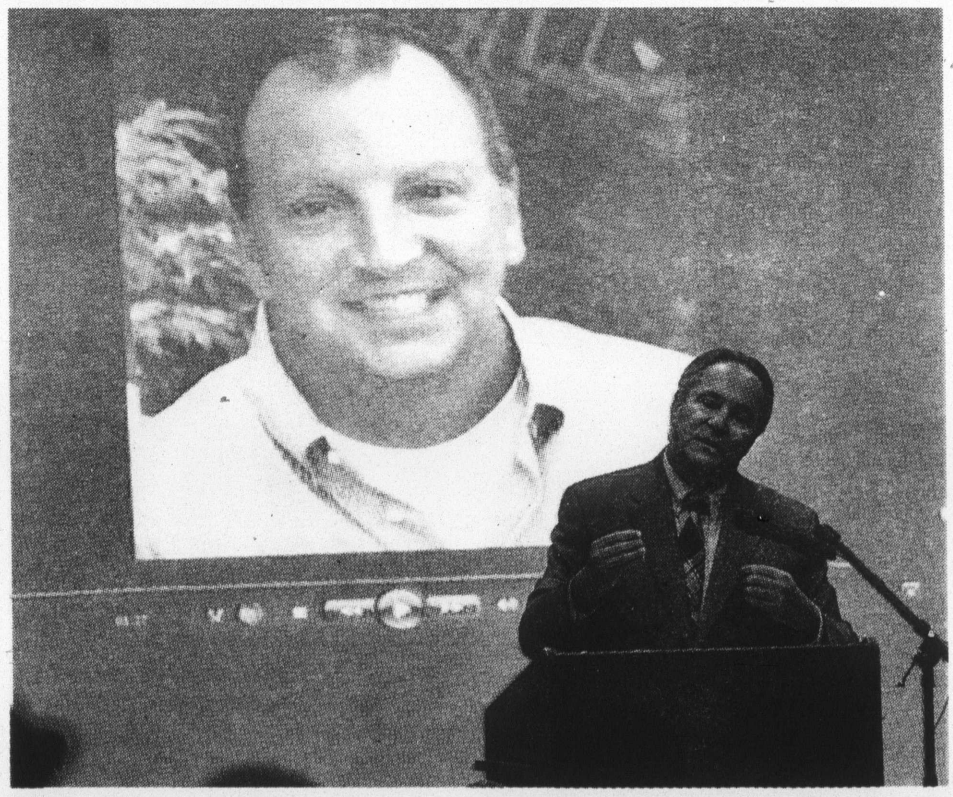


CARLA ANGEVINE, left, is presented a plaque honoring the dedication of her late husband, Bob McGillicuddy, to the Quincy schools by Sterling Middle School Assistant Principal Courtney Mitchell and Principal John Franceschini. A tribute to Bob was held Feb. 16 at the Lincoln-Hancock Community School. The tribute was attended by family, friends, city officials, colleagues and students. *Quincy Sun photos/Tom Gorman*

THE BROTHER and sister of the late Bob McGillicuddy, John McGillicuddy amd Kara McGillicuddy, applaud after unveiling a sign dedicating the timing board at the Lincoln-Hancock School Pool in Bob's memory.



THE BROTHER AND SISTER of of the late Bob McGillicuddy - John McGillicuddy (second from right) and Kara McGillicuddy (far right) greet, from left, dive coach Theresa Kerrigan, North Quincy swim coach Julia Kusiak Carey and Quincy High swim coach Marisa Forrester before the timing board at the Lincoln-Hancock pool was dedicated in Bob's memory Feb. 16.



QUINCY SCHOOL SUPT. Dr. Richard DeCristofaro offers remarks during a tribute to the late teacher and swim coach, Bob McGillicuddy.

'Bob McGillicuddy Made Us All Better People'

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cared that every single one of those kids had the opportunity to learn how to swim, or maybe how to do it just a little better, or just tackle how to get to the other side of the pool."

Snyder explained that the YMCA is built on four core values - caring, honesty, respect and responsibility. In talking to other coaches, Snyder said that the common thread from them was that Mr. McGillicuddy "was the definition of those core values."

"The YMCA in Quincy's swimming programs are where they are today because Bob McGillicuddy lifted them onto his shoulders," he said.

North Quincy High School Athletic Director Michael Joyce said Mr. McGillicudy was an inspiration to many people.

"He inspired countless future scientists, he inspired countless future swimmers, he inspired me and I know for a fact he inspired two amazing coaches that stepped up in Bob's absence," he said, recognizing North Quincy High swim coach Julia Kusiak Carey and Quincy High swim coach Marisa Forrester.

Quincy High Athletic

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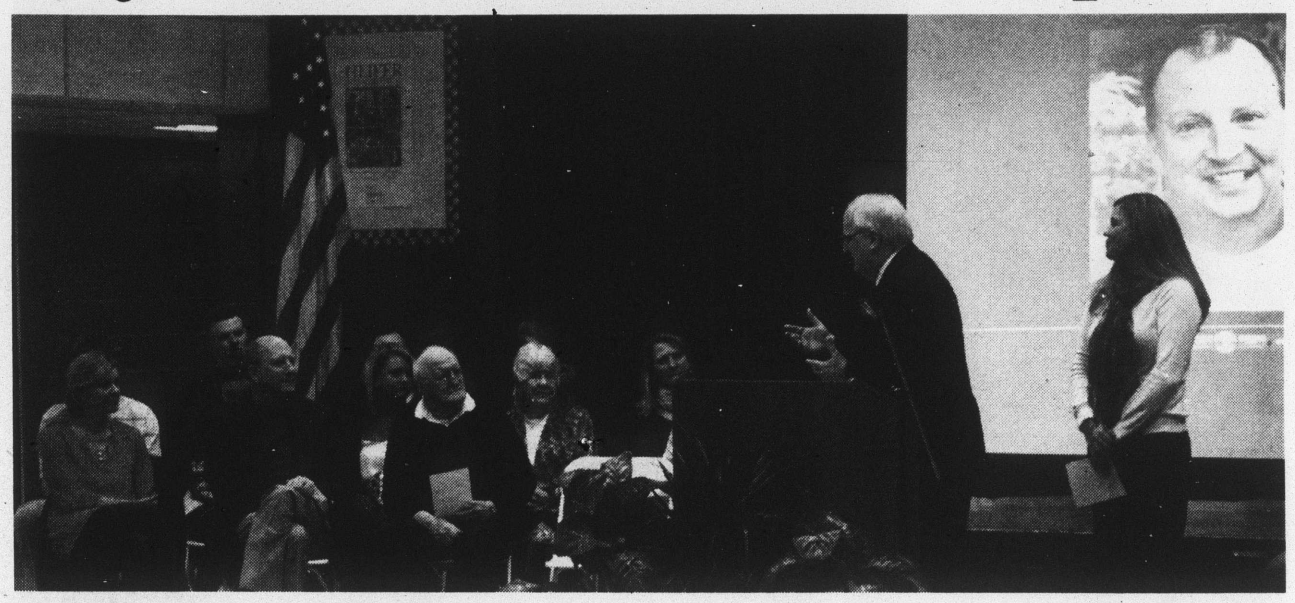
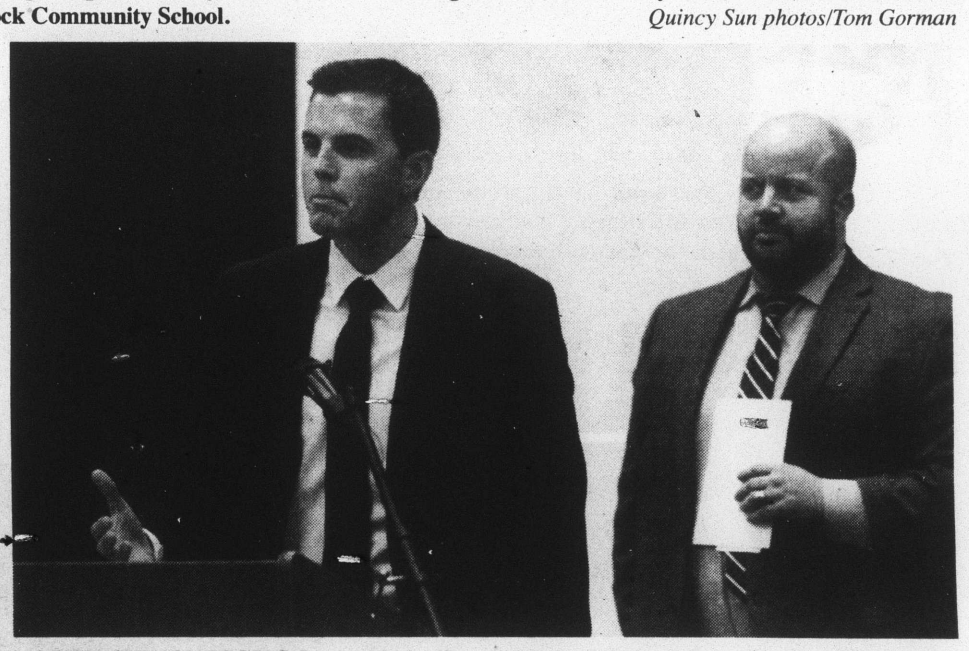
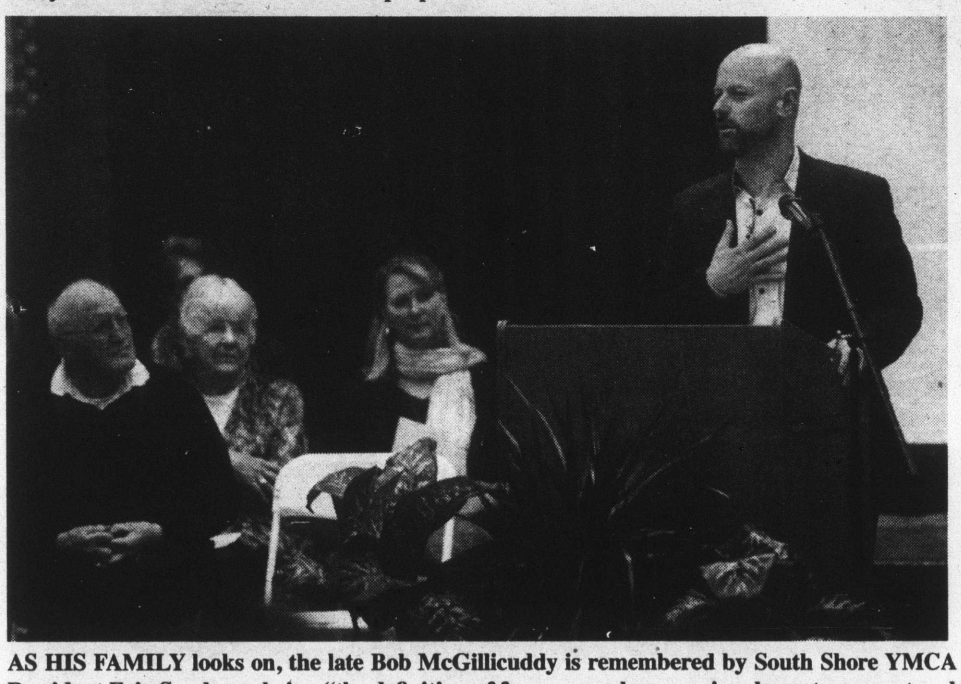


STERLING MIDDLE SCHOOL Principal Dr. John Franceschini tells the family of the late Bob McGillicuddy what a "great teacher he truly was" as assistant principal Courtney Mitcell looks on during a tribute in memory of the late teacher and swim coach Feb. 16 at Lincoln-Hancock Community School. *Quincy Sun photos/Tom Gorman*

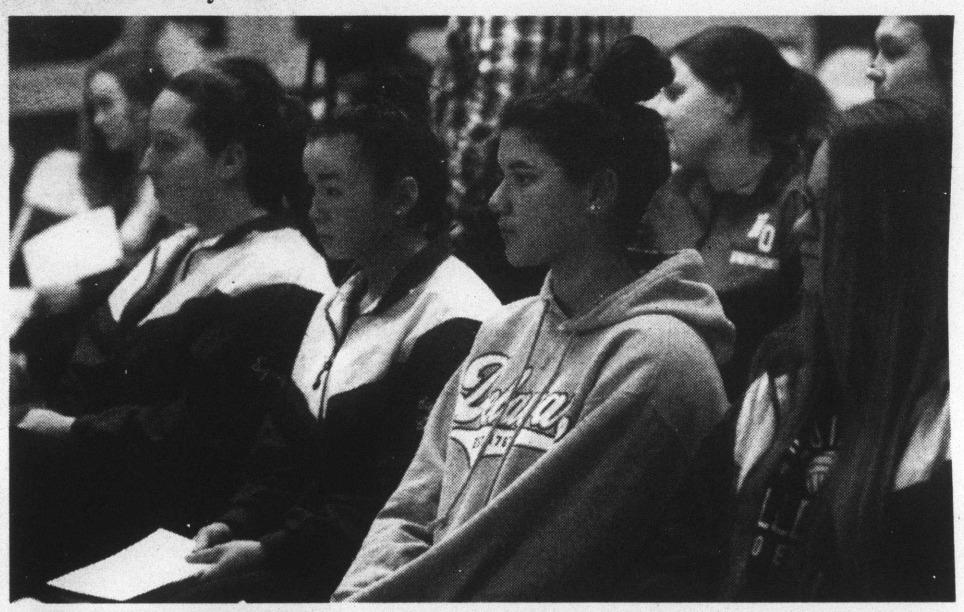
MAYOR THOMAS KOCH tells the family of the late Bob McGillicuddy how he influenced so many and that he "made us all better people."



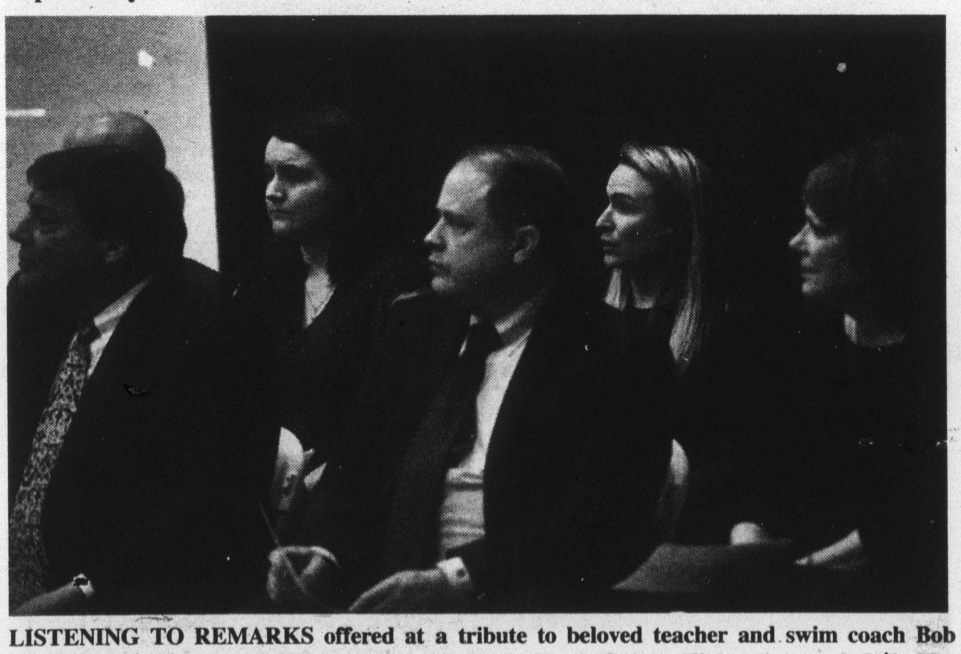
NORTH QUINCY HIGH School athletic director Michael Joyce, left, and Quincy High athletic director Patrick Lane announce a book award fund for swim team seniors has been established in Bob McGillicuddy's honor.



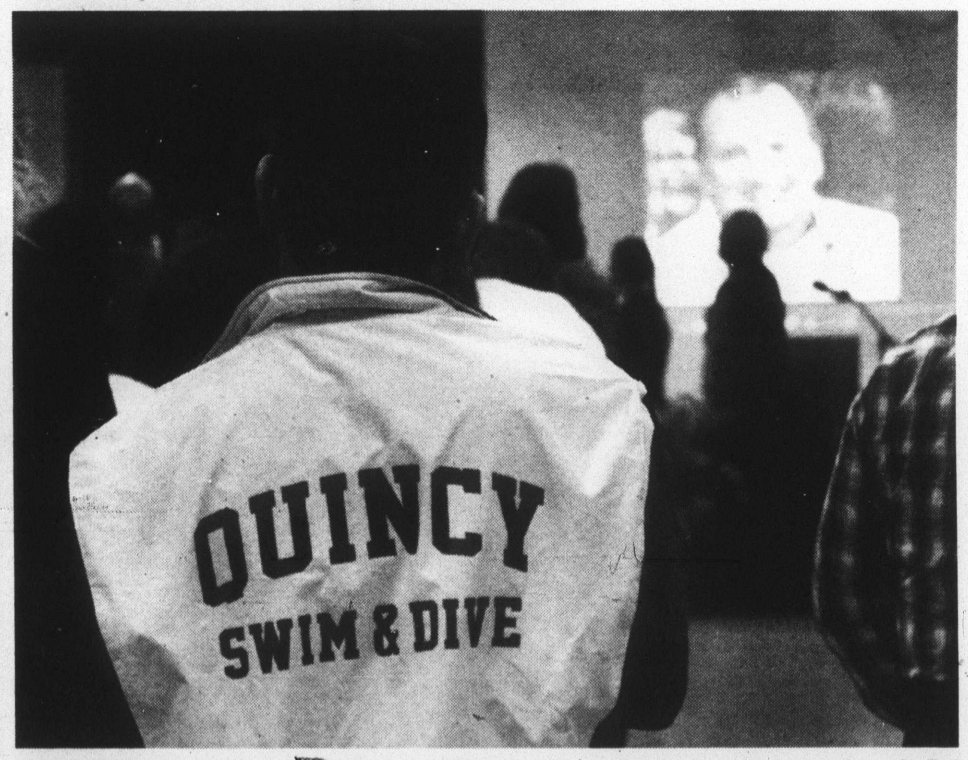
AS HIS FAMILY looks on, the late Bob McGillicuddy is remembered by South Shore YMCA President Eric Snyder as being "the definition of four core values - caring, honesty, respect and responsibility."



SWIM TEAM MEMBERS listen to remarks during the tribute ceremony for the late Bob McGillicuddy who oversaw the high school swim program.



LISTENING TO REMARKS offered at a tribute to beloved teacher and swim coach Bob McGillicuddy are (from left) Mayor Thomas Koch, North Quincy High swim coach Julia Kusiak Carey, Deputy Supt. of Quincy Public Schools Kevin Mulvey, Quincy High swim coach Marisa Forrester and School Committeewoman Barbara Isola.



A SWIM TEAM member stands during a tribute ceremony for the late teacher and coach, Bob McGillicuddy.

WITH QUINCY HIGH School down 4-3 with six minutes left, sophomore Griffin Lynch scored three goals, leading QHS to an exciting 6-4 victory over cross town rival North Quincy High School last Saturday night at Quincy Youth Arena. Here Griffin netted his third goal sealing the victory for the Presidents. *Quincy Sun Photos/Larry Carchedi*

NORTH QUINCY Senior captain Austin Lee celebrates his goal with 10 seconds left in the first period putting the Red Raiders ahead, 2-1. Three goals were scored in the last three minutes of a wild ending in the first period. Austin led the Red Raiders with two goals in the game.

Lynch 3rd Period Hat Trick Powers Presidents Over NQ

By JOE REARDON

The vacation showdown between Quincy and North Quincy boys hockey is always a can't-miss event for the students and fans from both schools. But when both teams are still alive and vying for a spot in the postseason the intensity on the ice is multiplied tenfold.

Last Saturday night at the Quincy Youth Arena was as good as it gets as both squads traded goals before Quincy pulled away to a 6-4 victory. Griffin Lynch notched a hat trick with three third period tallies while Pat Quirk, Dan O'Leary and Josh Campbell added goals for the Presidents. Austin Lee scored twice to lead the Red Raiders.

"I thought we competed very hard tonight," said North Quincy head coach Matt Gibbons. "They (Quincy) really got up for it. I told them I wish I could go in and yell and scream, and rant and rave, saying we did this wrong and did that wrong, but I saw a lot of great stuff from guys who have progressed through the year. Today they really stepped up in a game that we needed. That team gets up for us I guess."

Quincy head coach Ted Walsh knew his top go-to players had to produce and they more than rose to the ocassion. "This is where our best players have to be our best players and you saw the result," said Walsh. "They stepped up and really made it happen. It was a total team effort, but in games like this you really do need your best players to step up."

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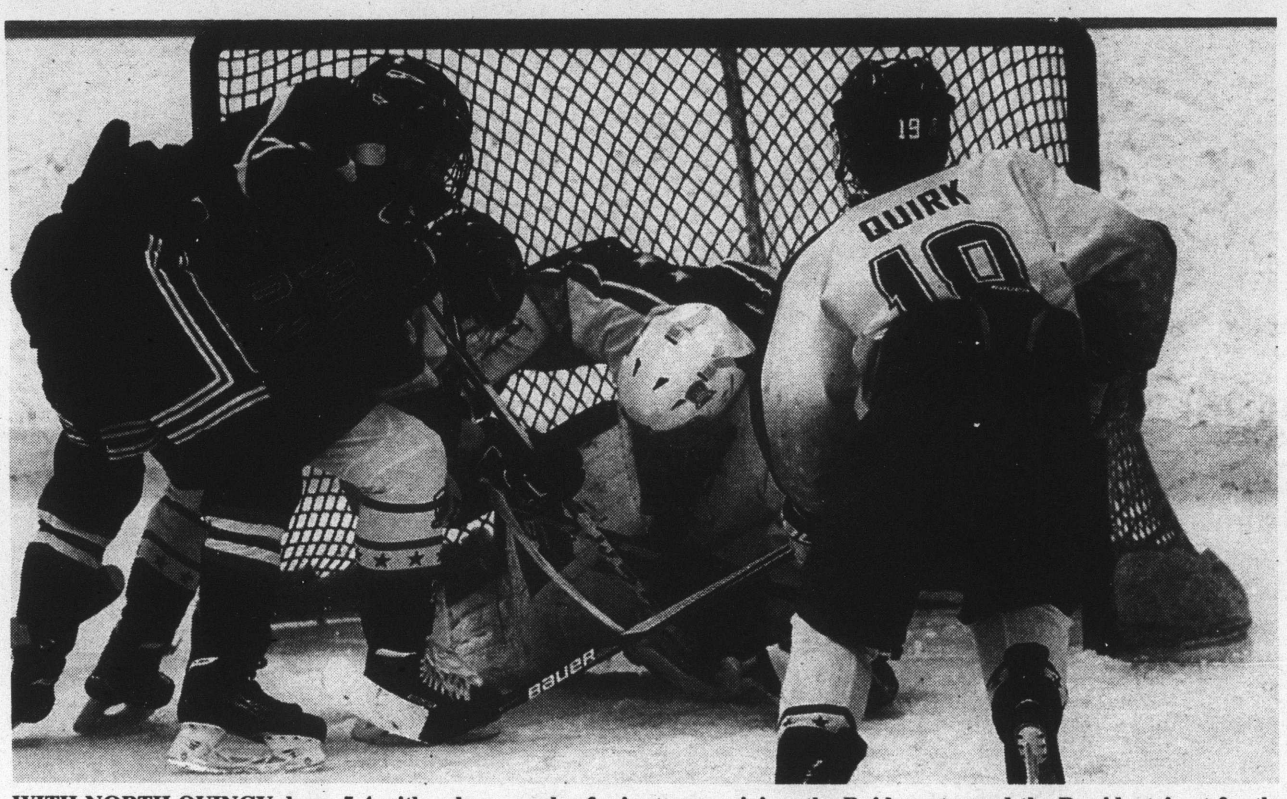
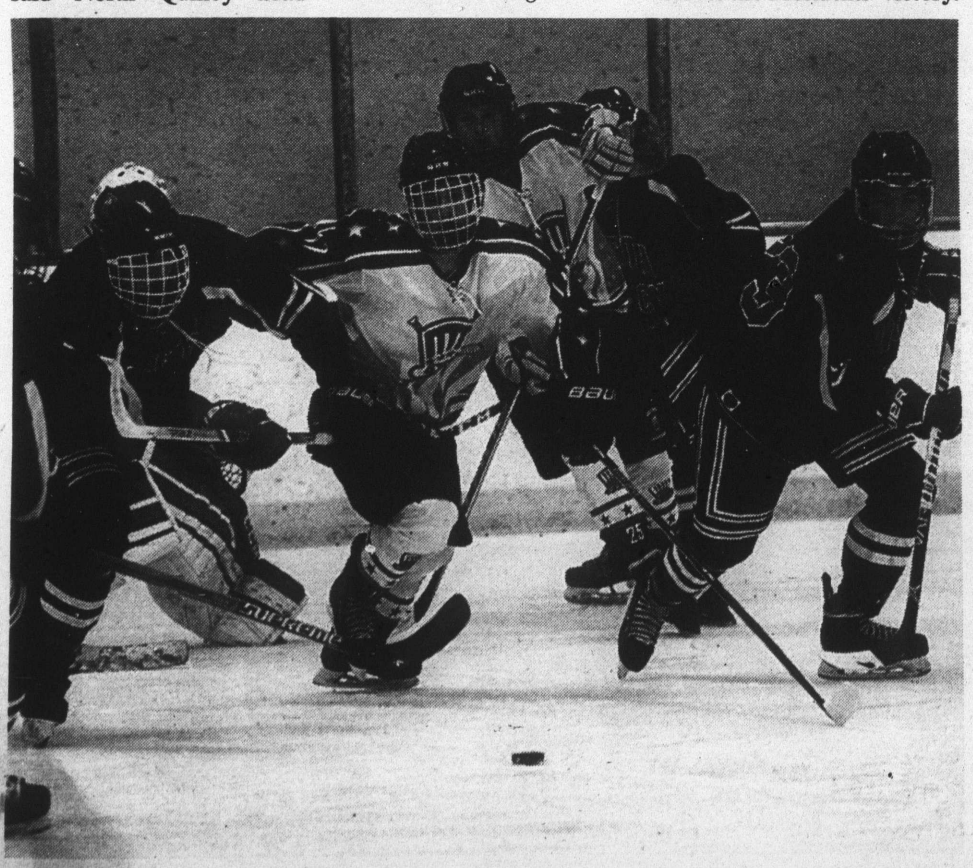


WITH NORTH QUINCY down 5-4 with only a couple of minutes remaining, the Raiders stormed the Presidents' net for the tying goal. QHS senior goaltender Thomas Pugsley, with the puck loose right under him, keeps the puck out of the net and preserves the Presidents' victory.

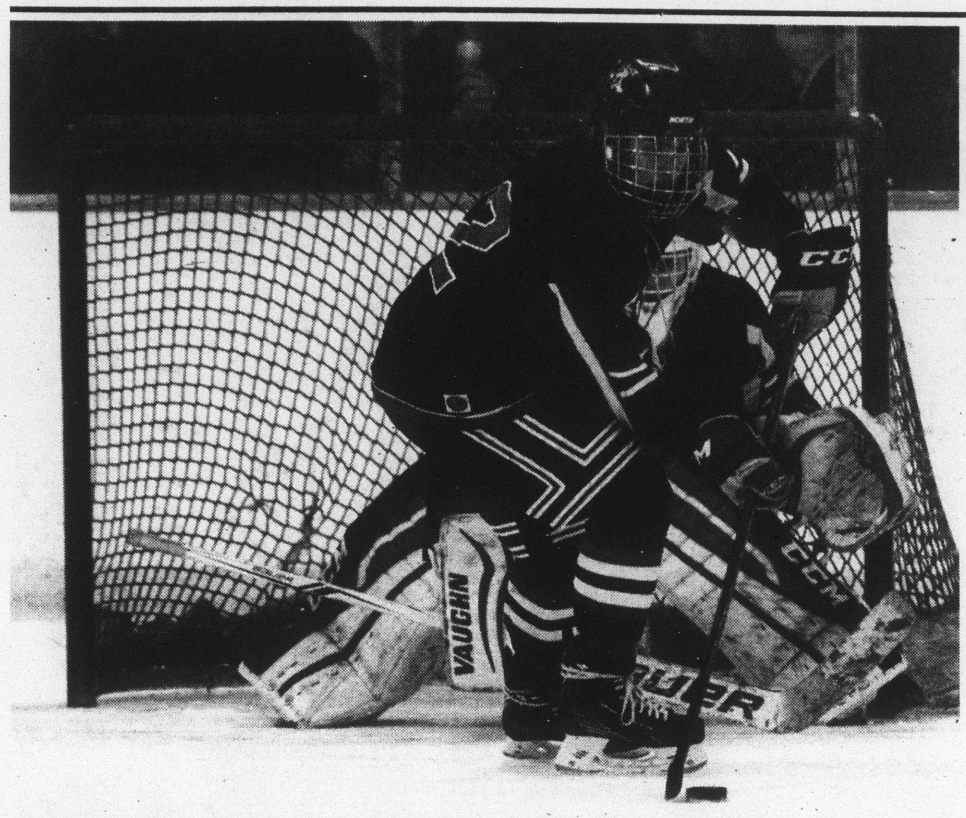


PLAYERS FROM BOTH teams race for the loose puck in front of North's net in the second period of a wide open and exciting game. The lead changed between both teams six times with QHS emerging with a 6-4 victory last Saturday night at Quincy Youth Arena.

Quincy
YOUTH HOCKEY

Attention all active
Quincy Youth Hockey Members:

Our Annual Members' Meeting
Will be held on
February 27, 2017
At 6:30PM
At Quincy Youth Arena



NQHS SENIOR CAPTAIN Kevin McDonald moves the puck out from in from of his net in the first period.

THE TRIO OF Dan O'Leary (#7 far side), Griffin Lynch (middle, 3 goals) and senior captain Pat Quirk (#19) scored 5 of the 6 Quincy goals in the Presidents' victory over NQHS last Saturday at Quincy Youth Arena. *Quncy Sun Photos/Larry Carchedi*

NORTH QUINCY senior captain Hunter Phillips, who scored a goal in the second period, brings the puck up ice in the final period.

BOTH GOALTENDERS were kept busy throughout the game with 10 goals scored between the two teams. Here North Quincy goaltender Derek Bille covers up the puck with heavy action around the net.

Lynch 3rd Period Hat Trick Powers Presidents Over NQ

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Heading into the week both teams were still in contention for tournament berths. Quincy needed to beat a very strong Whitman-Hanson team on Tuesday, while North Quincy had to defeat defending Div. 3 state champion Hanover to play into the postseason.

"They're (W-H) like North Quincy," said Walsh. "They're a very hard working team and they're big. They're physical and they're well coached. Tuesday morning we win and we're in. It's as simple as that."

North Quincy took a 1-0 lead after goaltender Tom Pugsley made three saves in front of the Presidents net only to have Kevin McDonald stuff a shot under Pugsley. Quincy came back and tied it with just over a minute to play in the period when Quirk took a feed from O'Leary and released a wrist shot just under the cross bar to beat North Quincy goaltender Derek Bille. The lead lasted less than a minute for the Presidents as North Quincy struck again, this time on a quick wrist shot by Lee with just 10.2 seconds left in the period to go up 2-1.

"I thought they outworked us in the first period and we talked about that in between periods," said Walsh. "We talked about making adjustments and there's really no adjustment when you're getting outworked. They're the hardest working team we play all year. They just work their butts off all the time."

Pugsley was sharp all night and had a huge save early in the second period when he stoned a NQ bid with a glove save from in close. Quincy tied the contest for the second time with 9:51 left in the period with a power play tally by O'Leary to knot the game at 2-2.

"I thought our first period was one of the best periods we played all year," said Gibbons. "We let up a little bit in the second period. I think we gave them a couple of chances more than they generated chances. It was up and down and that's what you expect out of this game."

Campbell's effort in front of the North Quincy net paid off with 5:29 remaining when he got his stick on the puck after it was deflected above the net and stuffed it home for a 3-2 Quincy advantage. "Good things happen when you go to the net," said Walsh. "We preach it all the time. Nothing bad can happen when you go to the net."

The Red Raiders came back yet again, this time with 38.4 left in the period. Working with a 5-on-3 power play, Hunter Phillips was left unmarked at the side of Quincy net and easily rifled home a Kieran O'Driscoll pass to tie it 3-3.

North Quincy had the momentum early in the third period and took advantage with a Lee tally off a slapshot from the blue line to go up 4-3.

After that it was all Lynch, who found the back of the net three times in the period to put the game away for the Presidents. He started with a hard wrist shot to the short side to tie it 4-4 and then rifled home a bid between the faceoff circles with 4:34 left to give Quincy a 5-4 advantage. Lynch clinched the hat trick with 42.3 left on an empty net goal to make it 6-4.

VOICE FOR HEALTH
by Dr. Gabrielle Freedman
Chiropractor

GUT DECISION

Not only is good posture associated with better physical health and improved mental attitude, but it can also help allay a number of conditions other than back pain. For instance, "irritable bowel syndrome" (IBS), which is a common chronic condition that affects the large intestine, affects millions of individuals in this country. Symptoms include stomach pain, bloating, gas, and constipation, as well as an irregular bowel pattern. While there are medications that can help manage the IBS symptoms, none addresses the cause. However, chiropractors understand that sitting at a desk in a head-forward posture can inhibit the function of nerves that control the large intestine. By realigning the spine, chiropractic treatment can reduce a central cause of IBS.

At **FAMILY PRACTICE OF CHIROPRACTIC**, we can help people of all ages with IBS. Our approach to IBS does not involve prescribing drugs or medications. Rather, we approach IBS by using safe, proven and effective chiropractic care along with nutrition guidance. To schedule an appointment for chiropractic care please call **FAMILY PRACTICE OF CHIROPRACTIC** at **617-472-4220**. We are located at **112 McGrath Hwy., Quincy**.

P.S. The nerves that communicate with intestines originate from the mid to lower back.

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Q/NQ Girls Hockey Poised For Postseason Play

By TOM JOYCE

Already guaranteed a playoff spot, the Quincy/North Quincy girls' hockey team has already turned their season to postseason preparation.

Simply their schedule could give them an edge headed into the postseason as Head Coach Jeff Craig scheduled a handful of tough non-league opponents for the end of the regular season. Specifically, they faced Norwell, Ursuline Academy, Acton-Boxboro, St. Mary's (Lynn) and Weymouth in succession, all of whom are perennial playoff contenders.

"We're just trying to play good hockey," said Craig, whose team began the week at 9-6-3. "We scheduled all these strong teams for the end of the season because we don't want to just make the tournament, we want to win some games and do some damage."

The co-op played those teams tough. Their top performance was a 2-2 tie against St. Mary's on Feb. 15. After that, they were off until Presidents Day when they battled Weymouth and took a 5-4 loss Monday at Shea Memorial Rink.

About 10 minutes into the contest, the co-op struck first on a goal from senior defender Kate McGahey. Weymouth tied the game a minute later.

One minute into the second period, senior forward Riley McGlaughlin scored on a breakaway, putting her team up 2-1. Weymouth scored a pair of goals without answer, but Quincy/North Quincy responded well.

Sophomore forward Cassandra Davis scored on a rebound shot with 3:17 left in the second period and less than a minute later, junior forward Julie Whalen added a goal on a breakaway, putting the team up, 4-3.

In the third period, however, the co-op gave up a pair of goals and did not add any more scores.

Albeit the co-op had a strong day shooting on paper if the game was played over again and luck was on their side, the score could have been a little different.

"We put in four, but we must've had 10 wide open chances," Craig said. "We hit the goalie in the glove and in the stomach. We hit three posts. We could've put in eight goals today, easy. Offensively, we were all over them. But we got sloppy on our end and took too many penalties. We've just got to keep our composure and keep playing our game."

Offense has been the true key to the team's success this season as they have averaged five goals per game. That said, it should not be surprising McGahey, McLaughlin, Whalen and Davis were named SEMGHL All-Stars this season, as they have led the team's attack.

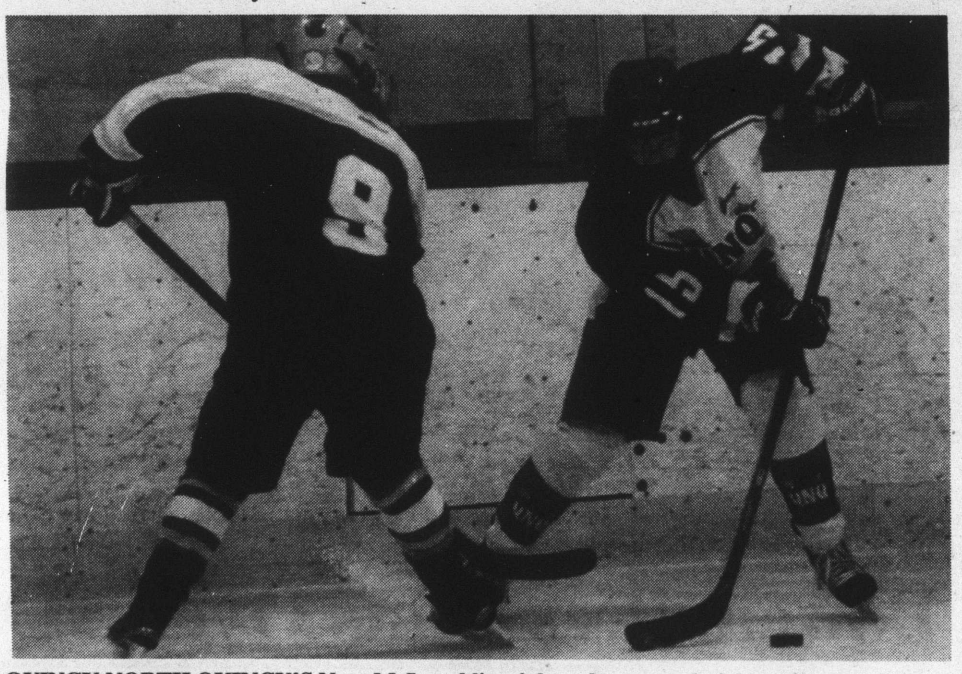
As of late, however, McGahey has been playing defense full-time out of necessity. Junior defender Carly McMorrow, who excelled last season, is out and sophomore Meghan Greene has missed the past month due to a broken ankle. Craig said if healthy, the two are league All-Star caliber players.

In addition to McGahey, Craig said senior Kay O'Connor and sophomore Leila Hovey have stepped up and played big minutes defensively – which helps supplement for them not being the biggest team around.

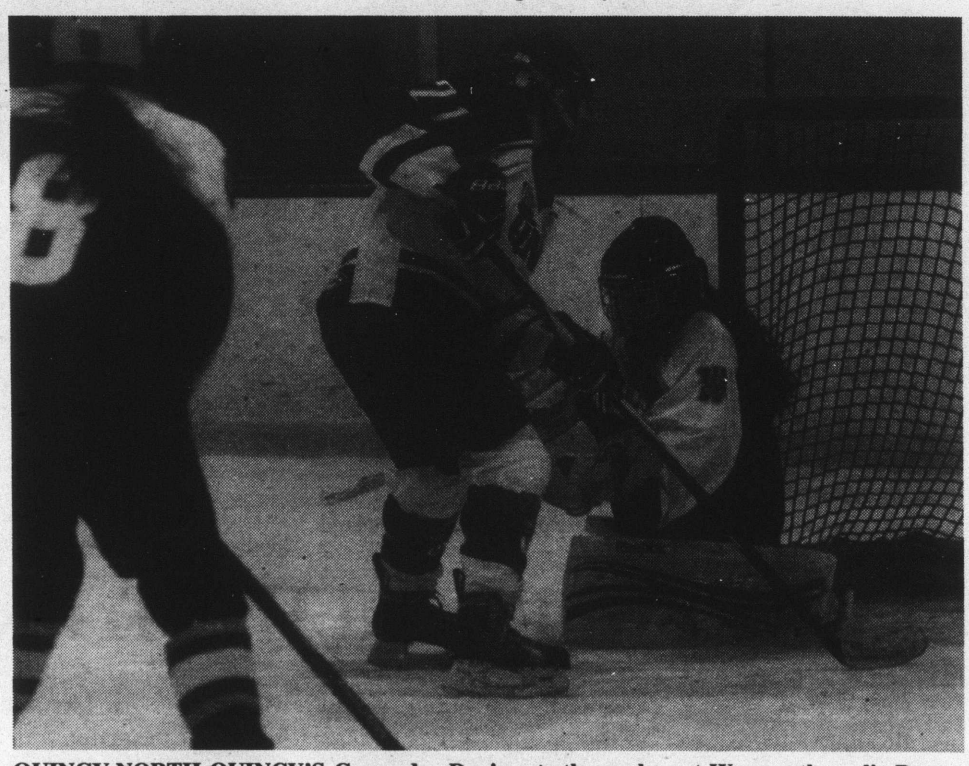
Craig also said his assistant coach and nephew, Kyle Craig, has been a big part of the reason why the team's defense has been able to stay afloat.

"We don't have a ton of kids to work with, but he's done a nice job with what we have," he said, "He's gotten them game-ready for the tournament. We've lost two All-Star caliber players and he's still done a nice job with the defense."

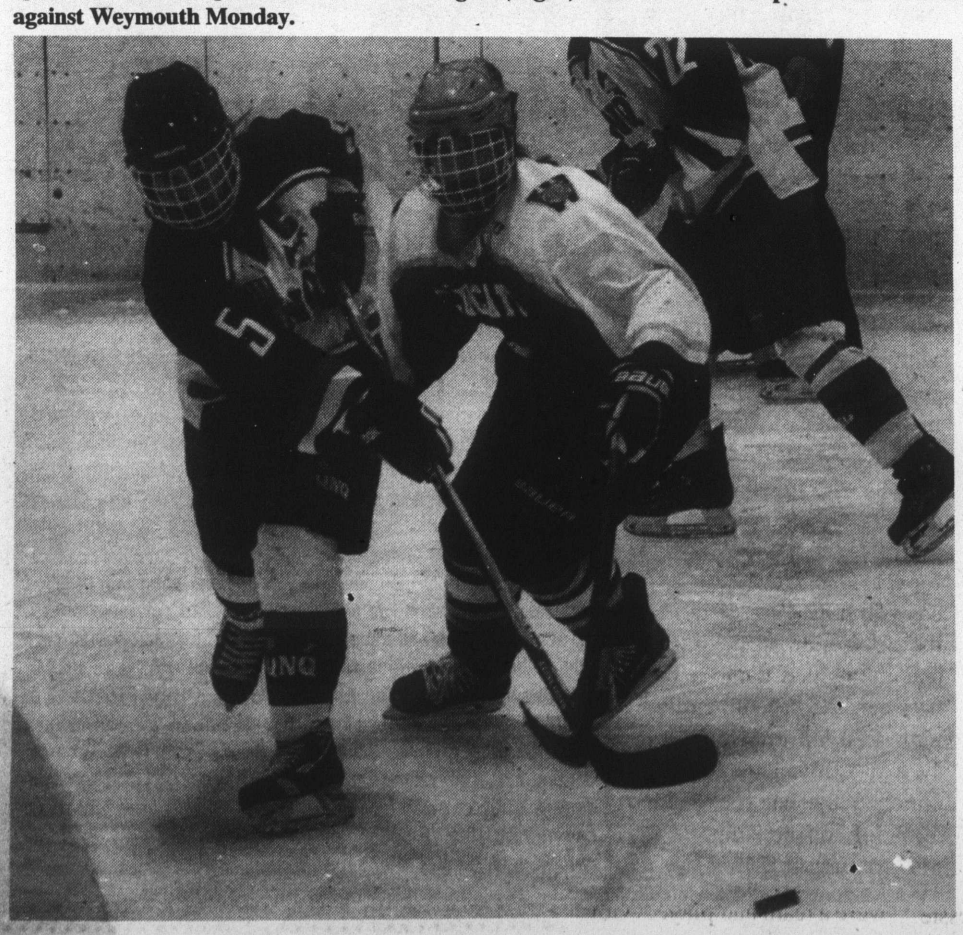
QUINCY-NORTH QUINCY goalie Karissa Beal deflects a Weymouth shot Monday afternoon at Shea Rink. Q/NQ bowed 5-4 but the local team is poised to make a run in the state tournament. *Quincy Sun photos/Tom Gorman*



QUINCY-NORTH QUINCY'S Nora McLaughlin, right, takes control of the puck at the boards against Weymouth Monday.



QUINCY-NORTH QUINCY'S Cassandra Davis gets the puck past Weymouth goalie Peyton Beady for a goal.



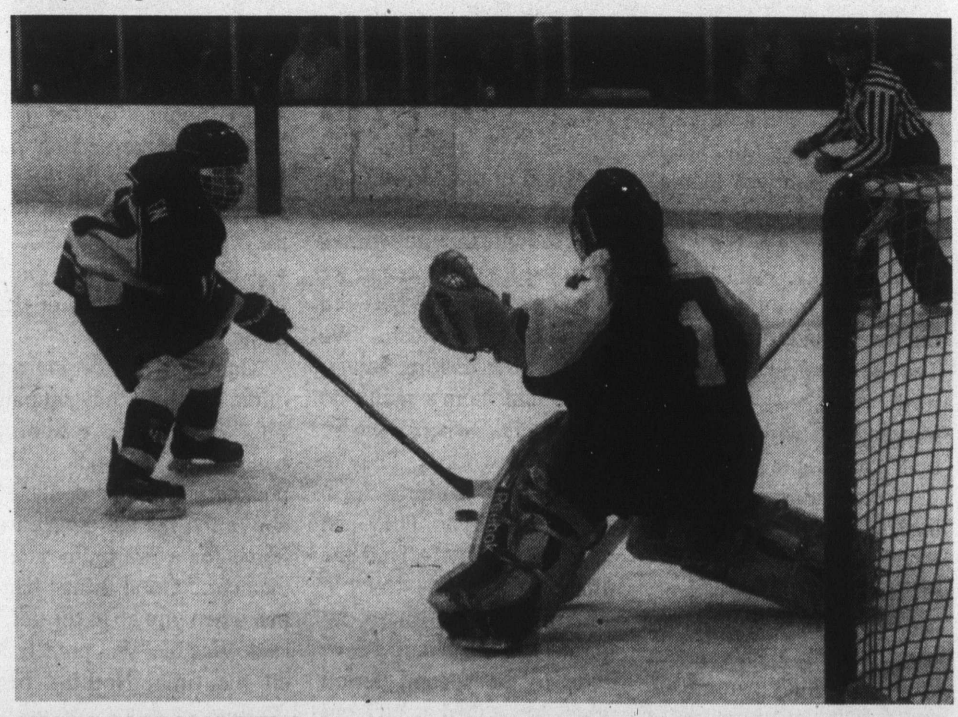


PHOTO BOTTOM LEFT: Quincy-North Quincy's Kate McGahey passes the puck as she keeps ahead of Weymouth defender. PHOTO ABOVE: Quincy-North Quincy's Julie Whalen lines up a shot against Weymouth goalie Peyton Beady.

Q/NQ Girls 4x200 Relay Shines At League Championship

By JOE REARDON

Quincy/North Quincy's girls 4x200 relay team improved steadily as the season wore on and came up with its two best performances on the biggest stages of the season.

The foursome of Mia Healey, Devin Hiltunen, Alex Case and Kelsey Coughlin had its best time at the Patriot League Championships before lowering it to a school record 1 minute, 50 seconds at Saturday's Div. 1 Track Championships at the Reggie Lewis Center. The squad made it to the victory stand with a solid eighth-place finish against a tough field.

Hiltunen, who will run the 200, 400 and 4x100 outdoors, said the handoffs made the difference for Quincy/North Quincy. "The handoffs were good - probably better than the league meet," said Hiltunen. "They were smooth. There were no problems or stutters."

Quincy/North Quincy head coach Geoff Hennessy said the crew that qualified for the Div. 1 meet more than deserved to be there among some of the best track athletes in the state. "Every kid we got here was a kid who we thought would get here," he said. "There were a few kids who were borderline. We could use a few more kids. We can always use more kids."

Sophomore Nathan Sleiman was the No. 17 seed in a deep 55-meter hurdle field with his 8.32, but he wasn't able to get the quick start out of the blocks he was looking for. Still, Sleiman's 8.50 showing was very solid. He'll be competing in the upcoming state pentathlon championships.

"My start wasn't that good," said Sleiman. "It could have been better. The season went well and I really wanted to do well today."

Hennessy said Sleiman's versatility could make him a multi-event force during the spring season. "He's a young kid and every race is different," said Hennessy. "The hurdles are such a fast event that one mistake and you're cooked. As he gets older he'll get more consistent. In the longer race he does a little better. He's got good endurance. He may go the pentathlon route outdoors because most schools aren't going to put their best kids in it."

Distance ace Jimmy Cannon will be looking to break the 10-minute barrier outdoors in the 2 mile after coming close twice during the winter season. Cannon ran a strong race Saturday, passing the mile in a conservative 4:55 and battling hard over the later laps. He finished with a very solid 10:07.58.

"I wanted to go sub 10 and the race just gets away from me sometimes," said an upbeat Cannon. "It's so long. We broke away a little bit. That's what I always try to do. People started to creep up on me slowly. The race was really comfortable until the last 400. I didn't have a lot left. That's life. It happens."

Hennessy has little doubt that Cannon, who was a Patriot League All-Star, will run under 10 minutes in the spring. "He was only a little bit off his best time," he said. "It was a physical race with a lot of jostling, people moving up and back and sliding in and out. He's not a big kid so that type of strategy can take a lot out of a kid. He went out very conservatively the first mile, but he wasn't able to pick up any of a difference over the second half of the race. He fought right to the end. He did what he could.

"He's a good leader and captain. He shows up every day and there's not a negative thing about him."

Sophomore Abby Murphy ran a personal best of 1:46.47 in the 600 to close out her season. "She did fine," said Hennessy. "We're very pleased with her. She had been sick on and off and missed a week with the flu. It's tough because she's a tiny kid and that kind of stuff really affects her negatively."

Murphy will move up to the 800 this spring and Hennessy believes she'll have a strong season. "We got some other young kids so she'll have a good group to train with," said Hennessy. "I'm optimistic."

THE LINE WAS LONG but worth the time and effort for kids who scaled "Snowzilla" at Monday's Presidents Day Winter Fest in Quincy Center. After ascending the three-story inflatable slide on one side, youngsters slid down the other side (shown here).

Quincy Sun Photo/Robert Bosworth

North Quincy Girls Hoop Bows From Playoff Contention

Needing to win their final four games to qualify for the Division I South Tournament, the North Quincy Red Raiders came up short, finishing the season winning three of four games.

After their win over cross town rival Quincy, North hosted the Panthers from Plymouth South last Tuesday. As well as the Raiders played against Quincy, the hosts struggled early against the Panthers. However, North's stingy defense only allowed the visitors 3 first quarter points. Unfortunately, the Raiders were ice cold from the floor and could only manage 5 points, 4 from junior forward Jenn Butka.

The second quarter saw the Red and Black find their shooting touch taking a 16-11 lead into halftime. Six more points from Butka and an Olivia Hussey hoop were the keys to the run while shut down defense by Jill Hallisey and Samantha Smith limited South's leading scorer, Brandi Andrews to only 3 points in the half. North took a 31-20 advantage into the final quarter with Butka leading the way with 7 more points while senior captain Remy Aucoin chipped in with 6. Aucoin, who finished with 12 points added 6 more in the fourth while senior Karyn McEvoy had 5.

For the game, Butka lead all scorers with a season high 18 points.

Traveling to Pembroke two days later, neither team gave an inch as the two went back and forth in the first period. North's guard tandem of Jill Hallisey and Kerin Coleman shredded the Titan defense with Hallisey blowing by the host guards scoring 6 points on three driving layups while Coleman also chipped in while handling Pembroke's full court press with no problem. Butka got off to a good start with 4 points.

Pembroke's Allison Comeau hit for 6 of her game high 18 as the teams were tied at twelve entering the second quarter. The Raiders trailed by six at halftime as Karyn McEvoy kept North within striking distance with 5 points. Having the first possession of the second half, North struck on a quick hitting out of bounds play as Butka found Remy Aucoin underneath. Getting a defensive stop, Butka hit a on a sweet move to pull North within two. North's defense smothered the Titan offense holding them to 5 points in the quarter. Jessie Caldwell, Aucoin and Butka combined offensively to give the visitors a one point lead entering the final quarter.

Eight minutes away from victory and a tournament berth on the line, the Red Raiders went cold managing only a three point field goal from McEvoy and four more from Aucoin while the hosts found their range. North battled to the end coming up short, 47-40.

"We held their two leading scorers, Jayne Howe and Katie Galligan to 2 and 7 points respectively," said NQ Head Coach Paul Bregoli. "They both average 14 a game. It was Comeau who killed us, especially late."

For North, Butka finished with 11 while Aucoin and McEvoy had 8 apiece.

The following night was senior night as seniors Remy Aucoin, Kerin Coleman, Michelle Mark, Abbie Koch and Karyn McEvoy were honored in a pre-game ceremony. The five seniors also started the game against the visiting Dolphins from Dennis Yarmouth and they came through, staking the hosts to an 11-4 lead after one quarter. Aucoin tallied 6, McEvoy 3 and Koch 2 before turning it over to the juniors in the second. Jessie Caldwell led the way with 7 points including a three-pointer while Celia Hussey with 3 and Olivia Hussey with 2 helped maintain the 7 point lead into the second half.

The Red Raiders then outscored D-Y 16-3 as McEvoy's two three-pointers stretched the lead to 42-20 entering the fourth. The seniors finished the game with every senior getting into the scoring column. Coleman had two jump shots, Koch a straight away three and Mark a baseline runner as the Raiders finished the game with a season high 56 points in the 56-26 win. McEvoy and Aucoin led all scorers with 13 apiece.

"I was extremely happy for the seniors who worked so hard and provided great leadership throughout the season," Bregoli said. "Many people didn't think we'd do as well as we did after only two wins last year. But the kids proved them wrong.

"Finishing at 9-11 was not what our goal was but this team gave it everything they had both in practice and in games. Had a few things gone differently, they would be playing next week.

"I couldn't be prouder of a group of girls. They really were a team and played with a lot of heart.

"This school is a great place to be because you are given a chance to reach your potential both athletically and academically. All five seniors are going to college next year and that is more important than anything else."

North played its final home game on Monday at vs. Martha's Vineyard H.S. in an exclusionary game.

ELEMENTARY LUNCH MENU

Monday, Feb. 27
Grilled Cheese, Carrot Snack Pack, Seasonal Fruit.

Tuesday, Feb. 28
Early Release Day—NO LUNCH SERVICE

Wednesday, March 1
Round Personal Pizza, Side Romaine Salad w/ Dressing Variety, Seasonal Fruit.

Thursday, March 2
Cheese Burger (Beef) on a WW Bun, Smile Fries, Seasonal Fruit.

Friday, March 3
Macaroni & Cheese, Steamed Green Bean & Kidney Bean Medley, WW Dinner Roll, Seasonal Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

SECONDARY LUNCH MENU

Monday, Feb. 27
Grilled Cheese Sandwich, Tomato Soup, Seasonal fruit.

Tuesday, Feb. 28
LOCAL DAY—BURGER BAR, Roasted Fresh Carrots & Baked Potatoes & Side Caesar Salad, Apple Crisp Dessert.

Wednesday, March 1
MEXICAN FIESTA: Macaroni & Cheese, Steamed Green Beans, WW Dinner Roll, Seasonal Fruit.

Thursday, March 2
Bone-In BBQ Chicken, Mashed Potatoes, Peas, WW Dinner Roll, Seasonal Fruit.

Friday, March 3
Steak & Cheese on a Jr. Sub Roll, Roasted Garlic Chickpeas, Sweet Potato Fries Seasonal Fruit.

All above Entrée Selections Include: Vegetable Choice, Choice of Fruit and Choice of Milk

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

On Saturday, Feb. 11, 2017, at approximately 1:20 a.m, Sgt. William Ward was on routine patrol when a call came in for a disturbance in the Hancock parking area located at 50 Revere Rd. Numerous officers responded to the scene.

As the sergeant approached, he observed a black Infiniti drive out of the parking lot at a high rate of speed, failing to stop prior to entering Dennis Ryan Parkway. At the time it was snowing and visibility on the street and parking lot were obstructed by snow from a prior storm. Due to the reckless operation of the vehicle, Sgt. Ward caught up to the vehicle and activated his cruiser blue lights and stopped this vehicle.

Prior to walking up to the vehicle, the sergeant observed the operator moving his hands and possibly reaching or placing an item under the front passenger seat. When asked for his license and registration, the operator and sole occupant produced a Massachusetts Drivers License but did not have the registration. When asked if he knew the reason why he was being stopped, the operator immediately stated, "Can you just give me a break?"

The sergeant detected a moderate odor of alcoholic beverage along with slurred speech and glassy eyes. To determine the operator's sobriety level, the operator was asked to step out of the vehicle. At this time, Officer Bryan Donovan arrived to provide back-up.

The operator appeared unsteady on his feet. The operator was asked where he was coming from and he said, "Kelly's Cellar." He admitted to drinking "two Coronas and two shots of Hennessy" (whiskey). The operator agreed to take field sobriety tests. He was asked to recite the alphabet from A-Z, and he began, "ABCDEFGHICKLMHIC." He then attempted a second time,"ABCDEFBCDF".

LT. DAN MINTON

The operator then attempted the "nine step heel to toe walk and turn task." He failed this test. The last test was the lateral leg lift, which the operator also failed. Based on the above observations, Sgt. Ward determined that the operator was driving a motor vehicle while under the influence of an alcoholic beverage. The operator was placed under arrest, handcuffed and then searched.

During the pat down, Sgt. Ward felt a hard bulge in the right front pocket of the suspect's sweatpants. Using his flashlight, he illuminated the inside of the operator's pocket and observed a glassine baggie containing cocaine. The bag was removed to show both crack cocaine and white powdered cocaine. The crack cocaine was individually packaged into four glassine bags which is consistent with street level distribution. The white powder was inside one glassine baggie weighing approximately 13 grams (including packaging).

The operator was then placed in to the rear of Officer Donovan's cruiser and transported to the police station. While the field sobriety tests were being performed, Officer Andrew Keenan arrived on scene to assist. Sgt. Ward requested Officer Keenan conduct an inventory of the motor vehicle prior to it being towed. As a result, Officer Keenan located a .40 caliber Beretta firearm underneath the driver's seat. There were eight rounds in the magazine of the weapon but no round in the chamber.

The operator, a 22-year-old Dorchester resident, well known to the Quincy Police, was booked by Sgt. Stephen O'Donoghue. The operator was asked to produce his license to carry a firearm which he was unable to do. The operator was advised of his Miranda rights and offered a breathalyzer test. The operator took the test and the result showed he was intoxicated so his license was confiscated.

The operator was charged with, operating a MV under the influence of alcohol, speeding, impeded operation, possession of a loaded firearm, possession of a class B (cocaine) substance with intent to distribute. At Quincy District Court, bail was set at $25,000.

Nice Work!

❑

SOLAR GLARE:

This time of year can be very bad for drivers facing solar glare.

A quality pair of sunglasses can help increase visibility.

The use of the vehicle's sun visor can also help depending upon the angle of the sun.

A clean windshield, free of salt and snow also helps – and don't forget to clean the inside glass too.

Be sure to have plenty of windshield wash available, however, do not use the automatic window spray while driving, especially into the sun as this can cause temporary loss of a clear view of the road.

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics
Feb. 10 – 17
ARRESTS: 20
TOTAL CALLS: 1,013
STOLEN MOTOR VEHICLES: 1

FRIDAY, FEB. 10

BREAKING AND ENTERING, 10:35 a.m., 800 block Sea St. Dwelling.

VANDALISM/PROPERTY, 2:20 p.m., 588 Washington St. Female was driving on the street when a male jumped in front of her car, punched and cracked the windshield and then ran into apartment building in area. Older white male with jacket, hat and gloves.

SATURDAY, FEB. 11

VANDALISM/PROPERTY, 7:01 a.m., Lancaster St. Caller's son's car window was smashed overnight. Unsure if anything was taken from inside. Doesn't appear to be vandalism. Window may have been smashed by plow passing in the night, but hard to determine because there were no marks on any other areas of the car.

VANDALISM/PROPERTY, 8:21 a.m., 150 Quarry St. Caller says someone took off her windshield wipers and broke them.

LARCENY, 9:04 a.m., McDonald's, 275 Hancock St. Jacket with money and meds.

VANDALISM/PROPERTY, 10:11 a.m., 700 block E. Squantum St. Tenant vandalized washer and dryer.

LARCENY, 12:24 p.m., Highpoint Cir. Safe code and safety deposit box keys taken.

VANDALISM/PROPERTY, 12:38 p.m., 85 Quincy Ave. Unknown male kicked in bank's door. Suspect is white, 19 to 25 years of age, wearing a yellow sweatshirt. Suspect also has a poor complexion.

LARCENY, 3:08 p.m., Walgreen's, 550 Adams St. Took carton of cigarettes and walked out. No suspect info. Store to handle.

BREAKING AND ENTERING, 4:53 p.m., 73 Bicknell St. A cup of sugar and a bowl of food taken.

MONDAY, FEB. 13

ASSAULT AND BATTERY, 9:19 p.m., 300 block E. Squantum St. Brewster notified for psych eval.

TUESDAY, FEB. 14

VANDALISM/PROPERTY, 5:11 p.m., Holmes St. Two windows smashed.

WEDNESDAY, FEB. 15

VANDALISM/PROPERTY, 12:15 a.m., Fr. Bill's Place, 38 Broad St. A white male was trying to get in and may have damaged door. Arrest made.

MOTOR VEHICLE LARCENY, 2:08 a.m., 7-Eleven, 76 Franklin St. 2011 black VW Jetta. Driver went into store and came out to find it gone.

LARCENY, 7:44 a.m., Crane Library, 40 Washington St. Medication taken from jacket.

LARCENY, 2:01 p.m., Marlboro St. Uber driver stole cellphone and refuses to return it. Driver showed up at QPD and left phone. Other party to pick it up. No charges.

LARCENY, 2:53 p.m., Perkins St. Package.

LARCENY, 7:13 p.m., 645 Adams St. Two black males driving a Ford Taurus came into gas station asking for change for a $50 and then asked for different amounts of change, confusing the worker. Unable to figure out if money is missing.

THURSDAY, FEB. 16

VANDALISM/PROPERTY, 7:20 a.m., Warren Ave. Caller reports window of vehicle broken. Believes it is two kids from area.

VANDALISM/PROPERTY, 8:35 a.m., Des Moines Rd. State's car's dashboard set on fire.

ASSAULT AND BATTERY, 9:24 a.m., Edgewood Cir. & Russell Pk. Road rage over parking. Complaints to be filed for A&B.

VANDALISM/PROPERTY, 5:35 p.m., Parkman St. Front door damaged. Thinks maybe her neighbor damaged it. Landlord was working on door today. Small amount of damage on one panel. Landlord contacted, party advised.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617 745 5719

STOLEN MOTOR VEHICLES: Franklin Street.

❑

CAR BREAKS: Chickatabot Road, Cushing Street.

❑

BREAKS AND ATTEMPTED BREAKS: 800 block Sea St., 73 Bicknell St.

If you have information on the above crimes, drug activity or any crime, please call the **Quincy Police Detective Bureau at 617-745-5764 or** log onto the following website: http://tinyurl.com/ytf6td.

To report suspicious drug activity, call the **Drug HotLine at 617-328-4527**. You will not be required to identify yourself, but it could help. To make an appointment to view the **Registered Sex Offenders** book, call **Detective James Dentremont at 617-745-5755**.

To contact the **Crime Prevention Officer** for tips or comments, my direct line is **617-745-5719**. My e-mail address is dminton@ci.quincy.ma.us -- *Lt. Dan Minton*

Entries in the Quincy Police Hot Spots are compiled and submitted by the Quincy Police Department.

They are published by *The Quincy Sun* as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Hot Spots list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

QUINCY ANIMAL SHELTER

56 Broad Street, Quincy • 617-376-1349
quincyanimalshelter.org

IN-SHELTER ADOPTION HOURS
TUESDAY and THURSDAYS 6:00 to 8:00 pm
SATURDAYS 10 am - 4 pm

Adoption fees include initial vaccinations and Spay/Neuter as needed. 100% volunteer run, new volunteers always needed.

FOR LOST or FOUND ANIMALS call ANIMAL CONTROL at 617-376-1364

AVAILABLE DOGS

Charlie: 4, male, Rottie mix

AVAILABLE CATS

CC: 7, female, calico
Laura: 3, female, black
Midnight: 13, male, black
Zoey: 12, female, tabby
Chuck: 4,male, orange
Menorah: 4, male, black & white
Nike: 6, female, black
Iris: 1, female, tabby
Justin: 2, male, black

RELIGION

Quincy Point Congregational Church

Weekly worship begins 10 a.m. at Quincy Point Congregational, 444 Washington St.

This Sunday Peter Johnston will be preaching a sermon titled, "The Transfigures You and Me." The church is handicap accessible via the Abbey Road side of the building.

After worship all are invited downstairs in the social hall for fellowship, coffee and light refreshments.

The deadline to place a commemorative brick in the Circle of Gratitude Garden at the Abbey Road side of the building is Feb. 26th. Remember a loved one, honor a veteran, commemorate a family occasion, record the name of a local business or organization, or **send a message of encouragement to future generations**.

Call the church office @617-773-6424, email us: office@quincypointcong.org or visit www.quincypointcong.org (see bottom of home page) to obtain an order form.

Houghs Neck Congregational Church

The Sunday morning service of worship at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Liturgist Nancy Jacobs will call to worship and read the scripture lesson. Pastor Felix Carrion will lead the service, give the children's message and preach his sermon "Being Led to Higher Ground."

Steve Reed, minister of Music, will direct the choir. Susan Stimpson and Joseph Flores will serve for the Diaconate.

A fellowship coffee hour hosted by Nancy Jacobs will follow the service.

Yoga class is tonight (Thursday) in Fellowship Hall with Amy Ross, certified instructor. Bring a mat, water and $5.

Trustees meet Tuesday, Feb. 28 at 7 p.m. in the Gordon Room.

Bethany Congregational Church

On Sunday, February 26, Bethany Congregational Church, Quincy Center, will have Worship Service and Sunday School at 10:00 a.m. The Rev. Peter M. Preble will conduct the service and preach the sermon entitled "Dazzling Reign." Fellowship with light refreshments will follow service.

All are welcome to attend Bethany Church Worship Services and its numerous group activities. Bethany has an active Missions and Growth Committee doing various charity works.

The church office is open from 8:30 a.m. to noon-1 to 4 p.m. Please visit us at: www.bethanycongchurch.org for updates and activities. Thanks to the Video Ministry, if you're unable to attend worship service, the Bethany Church Service is broadcast on Quincy Access Television at 6 p.m. on Thursdays and 10 a.m. on Sundays on Channel 8.

Childcare will be available for infants and toddlers during worship service on Sundays. The church is wheelchair accessible.

Mardi Gras Pasta Dinner Feb. 25

The monthly dinner committee of the Quincy Catholic Collaborative of St. Mary-Sacred Heart-St. Ann Parishes will sponsor a Mardi Gras Pasta Dinner Saturday, Feb. 25 at 5:30 p.m. in the parish cafeteria at Sacred Heart Parish, 386 Hancock St., North Quincy.

Dinner will feature soup, pasta with homemade red sauce, meatballs and sausages, salad and garlic bread. There will also be cupcakes and ice cream, coffee, tea and beverages.

Cost is $10 per person, or $25 per family with children 12 and younger.

Reservations are needed and may be made by calling Sacred Heart rectory at 617-328-8666 by Friday, Feb. 24.

For more information, contact the parish at 617-328-8666 or visit the collaborative website at www.qcc14.org.

Wollaston Congregational

Wollaston Congregational Church, 48 Winthrop Ave., announces upcoming events that are open to the public.

On Tuesday, Feb. 28th the annual pancake dinner at 6 p.m. marks the beginning of Lent.

On Saturday, March 11th at 6 p.m. the church will host a boiled dinner with corned beef and cabbage followed by the Island Grove Chorus singing many favorites. Cost is $10 per person. Call the church at 617-773-7432 to reserve a spot.

On Saturday, April 1st, a spring craft fair will take place from 9 a.m. to 2 p.m. Craft tables are still available; call the church.

OBITUARY

Norman L. Friberg, 87

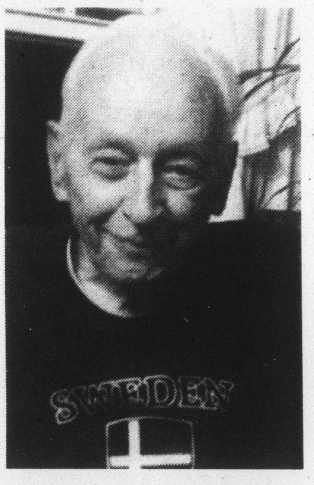
A memorial service for Norman L. Friberg, 87, of Quincy will be held at 11 a.m. Friday in the Evangelical Congregational Church of Atlantic, Quincy.

Mr. Friberg died Feb. 18.

Loving husband to Jacquelyn Friberg of Quincy. Devoted father of J. Wesley Friberg and his wife Chris of Quincy, Torrey Friberg and his wife Holly of CO, Josiah Friberg and his wife Brenda of NC, Norman Jr. "Skip" Friberg of CA and Cathi Tingley and her husband Rod of NH. Cherished grandfather of 18 grandchildren, and 3 great-grandchildren. Brother of the late John Friberg II.

Interment private.

Arrangements were made by Lydon Chapel for Funerals, 644 Hancock St., Quincy.



NORMAN L. FRIBERG

Memorial donations may be made to Interserve USA, PO Box 418, Upper Darby, PA 01982-0418.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
492 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ *Air-Conditioned*

St. John The Baptist
ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday 7:30, 9:00, 11:00 AM
Sunday night 5:30 PM
Weekday Masses
Monday - Saturday 8:00 AM
Confessions
Wed. 8:30 – 9:00 AM
Sat. 2:30 – 3:30 PM
Handicapped Accessible

HOPE PEACE

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 &10:00 am and 6:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169
617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses 9am
CONFESSIONS: Saturday, 3:00-3:30 pm
Handicapped accessible & Handicapped parking, side entrance air conditioned

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
The Sunday Morning Worship Service, starts at 10 a.m.
Pastor Felix Carrion will preach the sermon "Being Led to Higher Ground"
All are welcome to attend

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongchurch.org
Worship Service and Sunday School at 10AM
Rev. Peter M. Preble will conduct the service and preach the sermon "Dazzling Reign"
Child Care Available For Infants And Toddlers
ALL ARE WELCOME!
Fellowship Time following Service
The church is wheelchair accessible

QUINCY POINT CONGREGATIONAL
444 Washington St. • 617-773-6424
Worship and Church School 10 am
Rev. Dr. Stan Duncan, *Interim Pastor*
Peter Johnston, *Interim Associate Pastor*
Rachel Hallenbeck, *Music Director*
email: office@quincypointcong.org

Congregational

Wollaston
Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Worship and Sunday School at 10 a.m.
Elizabeth J. Williams Pastor
617-773-7432
www.wollastonucc.com

Unitarian Universalist

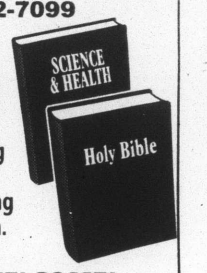
United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service, Church School & Childcare: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Church of Christ

CHURCH OF CHRIST IN MILTON
330 Edge Hill Rd.,
Milton, MA 02186 • 617-274-2409
www.churchofchristinmilton.org
Maurice Davis, *Minister*
SUNDAY WORSHIP
8AM, 11AM and 6PM
Sunday Bible Study 9:45AM
Tuesday Bible Study 11:00AM
Wednesday Bible Study 7:00PM
3RD Friday – Couples 7:30PM
4TH Friday – Youth 7:30PM

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings – where testimonies of healing are shared 7:30 p.m.



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617.472.5669
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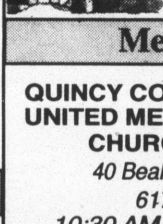

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617-773-3319
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Rev. Dr. Susan Jarek-Glidden, Pastor

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6:30PM WEDS. BIBLE STUDY

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OBITUARIES

Odell J. Healey, 76

ODELL J. HEALEY

A Mass of Christian Burial for Odell J. (O'Quinn) Healey, 76, of Quincy was celebrated Feb. 17 in St. Gregory's Church, Dorchester.

Mrs. Healey died Feb. 12.

She was formerly of Dorchester for 30 years. She was born in Searston, Codroy Valley, Newfoundland. She met her husband Paul while he was stationed at Earnest Harmon AFB in Stephenville, Newfoundland. They were married at Saint Gregory's in Dorchester in 1964. She retired from State Street Bank after a long career where she was fortunate to make lifetime friends. She was a breast cancer survivor of 30 years.

Wife of the late Paul M. Healey (1996). Cherished mother of Patricia J Healey and her husband Michael Margulis of MD, Paul F. Healey and his wife Nancy (Casey) of Belmont and Michael F. Healey and his wife Sue (Pritchard) of Marshfield. Proud and loving grandmother of Cullen, Elizabeth, Breah, Madeline "Maddie" and Margaret "Maggie."

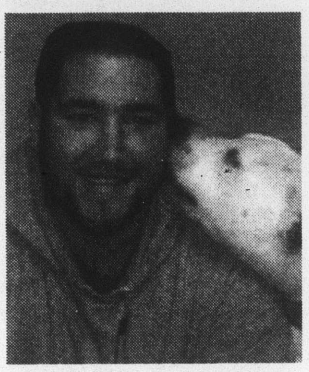
Siblings Carl O'Quinn of Corner Brook, Newfoundland, Jeanette Doran of Torbay, NL, Eva Duffy of Port Au Port, NL, Caroline O'Quinn of Ontario, Barbara and her husband Dan Chan of Ontario, Joan Nichol of Ontario, Monica and her husband Bob Bungay of St. Andrews, NL, Wayne and his wife Nancy O'Quinn of Ontario. Sisters-in-laws Kay O'Quinn of Searston, NL and Triff O'Quinn of NL and Heidi O'Quinn of Ontario. Predeceased by Benedick "Dick," Ronald "Ron," Edward "Ed" O'Quinn, brothers-in-law Steve Doran, Neil Duffy, sister-in-law Ruby O'Quinn, sister-in-law Nancy (Healey) Larkin of Quincy & the late Sally, Jane & John Healey as well as brother-in-law John Larkin. Also survived by 41 nieces & nephew.

Interment at Cedar Grove Cemetery, Dorchester.

Funeral arrangements were made by Lydon Chapel, 644 Hancock St., Quincy.

Memorial donations may be made to the Massachusetts Breast Cancer Coalition, PO Box 202, Franklin, MA 02038 or info@mbcc.org.

Michael D. Arrufat, 29



MICHAEL D. ARRUFAT

A funeral service for Michael D. "Mike" Arrufat, 29, of Quincy was held Monday in Evangelical Congregational Church of Atlantic, Quincy.

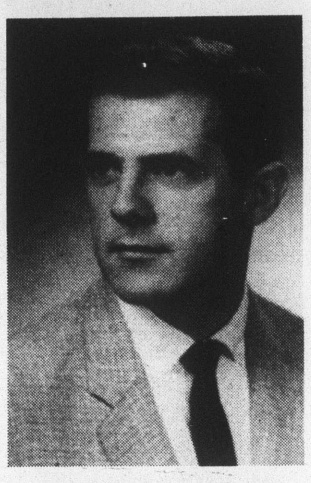
Mr. Arrufat died after a long battle with the disease of addiction on Feb. 13.

He was a longtime resident of Quincy. He was quite the athlete. He played baseball with Quincy Youth Baseball, hockey with Quincy Youth Hockey and Dorchester Youth Hockey, Division 1 football for BC High and rugby with the US Olympics under 19. Mr. Arrufat had his Associate's Degree and was working to further his degree in business finance. He was a very kind, intelligent and compassionate man whose smile could light up a room. Mr. Arrufat was giving and was always willing to help anyone. He will be missed by all who had the pleasure of knowing him.

Loving son to Bernadette Donahue and Antonio Arrufat of Quincy. Dear brother to David Arrufat of Quincy and Jacqueline Arrufat of FL. Cherished grandson to Anna Donahue of Milton and the late David Donahue and Carmen Heyliger and spouse Pedro of Puerto Rico and the late Antonio Arrufat. Beloved nephew to Larry Donahue and Donna Kemp, Peggy Barthelmy and the late Bart Barthelmy, Mary and John O'Brien, William and Daisy Donahue, Jimmy and Patty Donahue, Stephen and Dawn Donahue, Maritza Sevilla and Tomas Arrufat. He is also survived by a niece and nephew, many cousins, friends and extended family.

Memorial donations may be made to BSCS/New Way Recovery Center, 85 Quincy Ave, Suite B, Quincy, MA 02169.

Bernard Creedon



BERNARD CREEDON

A funeral Mass for Bernard Creedon was recently celebrated in St. Agnes Roman Catholic Church in Greenport, N.Y.

Mr. Creedon died Jan. 21.

He was a native of Quincy and a 1955 graduate of NQHS. As a child, he and his siblings played in what is now Creedon Field across from their home. In high school, Mr. Creedon was co-captain of the football team, played basketball and ran track. He was president of the senior class and a Boys State representative.

Mr. Creedon graduated from Boston University (BS), Queens College, N.Y. (MS), and Long Island University (Professional Diploma).

In 1959, he married his high school sweetheart, Patricia Lundy, at St. Ann's Church in Wollaston and they moved to Long Island where he taught in the Sachem School District, coached football and was president of the teachers association. Mr. Creedon also taught in the Riverhead, N.Y., School District where he introduced an innovative team teaching program, directed student plays and coached junior high football.

He was principal of the Mt. Sinai Middle School and during his tenure it was named a New York State Blue Ribbon School of Excellence.

Mr. Creedon was vice president of the Middle Country School Board for many years. He was a parish trustee in the two parishes he resided in. He was a Eucharistic minister. He also coordinated and taught the confirmation program, volunteered in the homeless program and coached youth sports teams.

In retirement, Mr. Creedon supervised student teachers for Dowling College, operated a tutoring agency, recruited teachers for the American School in Kuwait and was the legislative chairman for the East End Retired Teachers Association.

In addition to his wife Patricia he leaves five children: Daniel (Melanie), Cara McCarthy (Robert), Joseph (AnnMarie), Kevin (Amelia) and Marc (Beth), and twelve grandchildren.

Mr. Creedon lived a life of service to his family, his students, his church and his community.

Rita A. Lyons, 86

A funeral Mass for Rita A. Lyons, 86, of Quincy, was celebrated Feb. 18 in St. Ann's Church, Quincy.

Ms. Lyons died Feb. 10 surrounded by the love and care of her family.

She was the last of 11 children born to the late William & Elizabeth (Meaney) Lyons. Ms. Lyons was an active member of St. Ann's Church in Quincy and worked for many years as a meat wrapper for Capital Market before her retirement.

She is survived by her sister-in-law Rosemary (McMenamin) Lyons of Quincy and many nieces, nephews and extended family. Dear sister of the late Mary DeLorey, Elizabeth Webster, Helen Ciardi, Ruth Lyons, William Lyons, John Lyons, Edward Lyons, Richard Lyons, Leonard Lyons & Joseph Lyons.

Private interment.

Funeral arrangements were made by Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Memorial donations may be made to the Dana Farber Cancer Institute, 10 Brookline Place West, 6th floor, Brookline, MA 02445.

M. Geraldine Hoyle, 102

M. GERALDINE HOYLE

A funeral Mass for M. Geraldine "Gerry" (Sullivan) Hoyle, age 102, formerly of Braintree, was celebrated Feb. 18 in St. Joseph's Church, Quincy.

Mrs. Hoyle died peacefully Feb. 12 at her daughters' home in Brewster, surrounded by her loving family.

She was born in Quincy, raised and educated in Quincy Point and graduated from Quincy High School, Class of 1932. She lived in Braintree for twenty-nine years, previously living in Quincy.

Mrs. Hoyle was an active member of her community as well as her church, St. Joseph's Parish in Quincy. She was a devoted homemaker who with her husband raised five daughters. Mrs. Hoyle was an accomplished pianist, organist and painter.

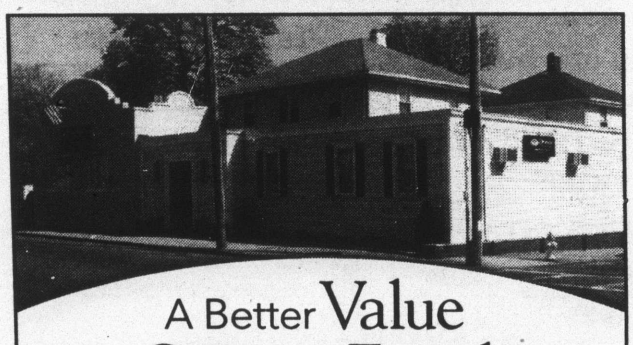
Beloved wife of the late T. Gerard Hoyle. Devoted mother of Barbara Healy of Bristol, R.I., and her late husband John Healy, Margaret Meehan and her husband Alan of Pensacola, Fla., Marilyn Hoyle and Mary Hoyle both of Brewster and the late Dorothy Kelley and her husband Kevin of San Diego, Calif. Loving grandmother of ten grandchildren and fourteen great-grandchildren. Daughter of the late James M. and Margaret (Hastings) Sullivan. Dear sister of the late William J. Sullivan.

Interment Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to Unbound at unbound.org, Children's Tumor Foundation at ctf.org or St. Joseph's Church, 556 Washington Street, Quincy, MA 02169.

More Obituaries Online at www.thequincysun.com



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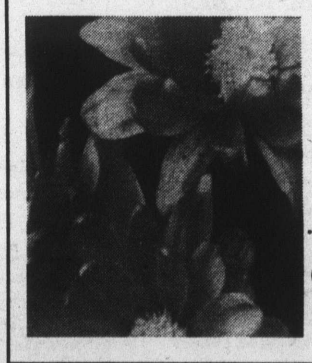

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John T. Reynolds, 94

A funeral for John T. Reynolds, 94, of Quincy, was held Wednesday in Hamel, Wickens & Troupe Funeral Home, 26 Adams St., Quincy.

Mr. Reynolds died peacefully at John Adams Healthcare on Feb. 16.

Born and raised in Quincy, he was a son of the late Dr. John T. and Mary Elizabeth (Killian) Reynolds, and proud grandson of the late legendary boxer Jake Kilrain. A retired long distance truck driver, he was a former member of Teamsters Local 42.

Mr. Reynolds served his country with honor in the U.S. Army during WWII and was a decorated member of the 3rd Division, 15th Infantry Regiment, seeing action overseas in Southern France, Rhineland and Central Europe. Among the medals bestowed on him were the Purple Heart and the Bronze Star for valor in combat.

He was the loving father of Phyllis Ann Reynolds of Quincy, Mary Chiachio and her husband Daniel of Quincy, and John Reynolds and his wife Ruth of Londonderry, NH. Dear friend and companion to Beth Orzechowski, he is

JOHN T. REYNOLDS

also survived by his former wife, Phyllis (Williams) Reynolds, 6 grandchildren, 4 great-grandchildren and several nieces and nephews. He was predeceased by 8 siblings.

Interment with military honors at Blue Hill Cemetery, Braintree.

The family would like to extend their sincere gratitude and appreciation to the compassionate and caring staff of the John Adams Healthcare Center.

Memorial donations may be made John Adams Healthcare Center Residents Activities Fund, 211 Franklin St., Quincy MA 02169 or to the American Cancer Society, 30 Speen St., Framingham, MA 01701.

Harold C. 'Bud' Darrow, 98

A funeral Mass for Harold Charles "Bud" Darrow, age 89, of Quincy was celebrated Tuesday in Holy Trinity Parish at the Most Blessed Sacrament Church, Quincy.

Mr. Darrow died peacefully Feb. 15 at South Shore Hospital, surrounded by his loving family.

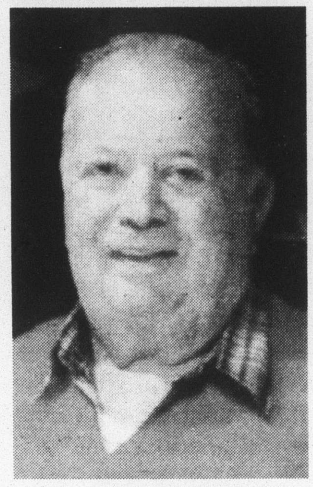
He was born in Braintree on Nov. 18, 1927, to the late Harold F. and Eileen (Cushman) Darrow. He was raised and educated in Quincy's Houghs Neck and was a lifelong Quincy resident.

He was employed as a steam engineer at the former Quincy City Hospital for forty-seven years.

Mr. Darrow was a proud World War II veteran serving in the U.S. Navy. At the age of fourteen, he successfully enlisted under the pretense of being of age. He attained the rank of gunner's mate 3/c, serving in the South Pacific as a UDT member and received the Asiatic Pacific Theater Medal.

He was an avid reader, a lifelong boating enthusiast, enjoyed woodworking, cars and anything mechanical. Mr. Darrow was dedicated to his family and especially to his cherished grandson.

Beloved husband for fifty-nine years of the late Esther C. (Paradise) Darrow. Devoted father of Laura J.



HAROLD C. 'BUD' DARROW

Janis and her husband Dale of Gabbs, Nevada, Lisa M. DeAngelo and her husband Domenic of Marshfield. Loving grandfather of Domenic DeAngelo.

One of five siblings he was brother of Anne Connor of Taunton, the late William Darrow and his wife Veva Darrow of Quincy and predeceased by Murray Darrow and Patricia Gillis. Also survived by several nieces.

Interment with Military Honors at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the charity of your choice.

Lucy M. Doyle, 92

A funeral Mass for Lucy M. (Everard) Doyle, age 92, of Quincy, formerly of Monponsett, was celebrated Feb. 18 in St. John the Baptist Church, Quincy.

Mrs. Doyle died Feb. 13 at home.

She was born in Roxbury on April 28, 1924, to the late Andrew and Ellen (Stack) Everard. She was raised and educated in Newfoundland, Canada, where she lived for fifteen years. Recently, she had lived briefly in Quincy, previously living in Monponsett for thirty years where she had also enjoyed summers for many years.

Mrs. Doyle was a homemaker but as a young woman had worked at the former Riverly Theater in Roxbury.

Mrs. Doyle was a foster mother who loved babies and children and was proud to have cared for twenty-one foster babies. She was dedicated to her family, especially caring for her late husband and supporting all the activities and accomplishments of her grandchildren and great grandchildren. She enjoyed knitting, crocheting, and dining out with her daughter, Lawreen.

Beloved wife of the late Albert F. Doyle. Devoted mother of Francis A. Doyle of Gig Harbor, Washington, Eileen P. Reno and her husband Richard of Michigan and Florida, Lawreen M. McDonough and her husband Brian of Quincy, the late Diane Doyle, and the late Larry Doyle.

Loving grandmother of Andrew McDonough, Hope McDonough and Christopher Doyle, all of Quincy, Daniel Doyle of South Boston, and Matthew Doyle of Weymouth. Cherished great grandmother of Cole and Evan.

Interment private.

Funeral arrangements were made by Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Mary J. Penella, 98

A funeral Mass for Mary J. (Bottini) Penella, 98, of Quincy was celebrated Wednesday in Sacred Heart Church, Quincy.

Mrs. Penella died Feb. 16.

Beloved wife of the late Michael W. Penella. Loving mother of Barbara Segadelli and her late husband Francis of Quincy, Michael W. Penella, Jr. and his wife Annette of Weymouth, Richard Penella of Quincy and John Penella and his wife Marianne of Marshfield. Devoted grandmother of Stephanie Segadelli, David Segadelli and his wife Kimberly, Matthew Penella and his wife Jessica and Lou Penella and great-grandmother of Giuliana Segadelli. Cherished sister of the late Mildred Hurley, Eleanor Bottini and John Bottini. Also survived by many nieces and nephews.

Mrs. Penella was always there lending a helping hand. She enjoyed cooking, especially for her family. Her main passion in life was spending time with her family and dear friends. She will be sadly missed but never forgotten.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Leukemia & Lymphoma Society at donate.lls.org.

John J. Byrne

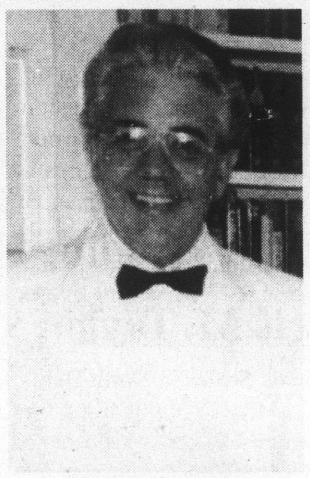
A funeral Mass for John J. Byrne of Quincy, originally of Brighton and South Boston, was celebrated Wednesday in St. Ann's Church, Quincy.

Mr. Byrne died Feb. 17 after a brief illness.

He graduated from the Christopher Columbus High School in Boston and later attended the University of Dayton, Ohio, where he received his Bachelor's Degree. Mr. Byrne enjoyed golf, attending operas, and classical music performances. He was an avid self-taught student of math, theology and philosophy studies and enjoyed European travel. Recently retired, he was employed in the past years at local plumbing supply companies, as well as plumbing and heating services.

Mr. Byrne generously donated his time and skills to various religious organizations and was a lector at St. Ann's Parish. Friend of Bill W. He will be missed by all whom had the pleasure of knowing him.

Son of the late Joseph and Lila (Horton) Byrne. Beloved husband of Frances



JOHN J. BYRNE

(Nufrio) Byrne. Dear brother to Jane and her husband Kevin Crowley of Quincy, the late Marilyn Donovan, Anne Byrne, and Susan Byrne. Caring uncle of Kimberly Crowley, Rachelle and her husband Edward Duff, Mary Ellen Donovan and John Donovan.

Interment at Holyhood Cemetery, Brookline.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Missionaries of Africa, Attn: Fr. Gene Robitaille, 5757 7th Ave North, St. Petersburg, FL 33710-7112.

More Obituaries Online at www.thequincysun.com

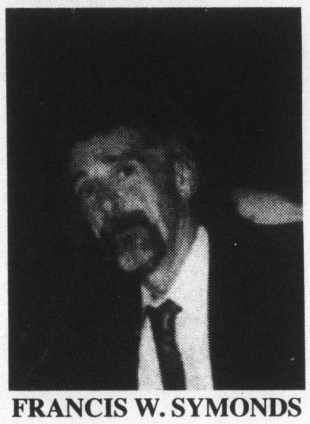
Francis W. Symonds

A funeral service for Francis W. "Frank" Symonds, born Dec. 24, 1947, will be held at 7 p.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Symonds died peacefully Feb. 4 into the loving arms of our Lord and our Mom and Dad. His good friend John and his beloved dog Lucy were by his side.

He was an Army veteran and welder by trade. As the only son, he had a special love for our Mom and Dad. He was of great comfort to our Mom during her years with Alzheimer's Disease. He was with our Dad almost every day when he moved to assisted living. After our Dad passed at his small assisted living home, Mr. Symonds took a job there as the Sunday church bus driver. Every Sunday for four years for their ride home he would treat the ladies to their favorite donut or pastry from a little specialty shop in town. It made them feel special and he loved that. He was a proud friend of Bill W. and a mentor to anyone in need. At 6'4" he was a big guy with a big heart and big hugs. We will miss him.

Survived by his three sisters, Mary, Anne and Patty. Also survived by nieces Mishell and her husband



FRANCIS W. SYMONDS

Tony and Courtney, nephews Charles and his wife Lauren, Kyle and his father Norman and his wife Felicia. Survived by grand-niece Scarlett and grand-nephews Rocco, Andrew and Dominick.

Our love and gratitude to his friends, both in Massachusetts and California. You enriched our brother's life with your friendship. Thank you to the medical personnel for the wonderful care and comfort our brother received. Thank you to Joe, Carolyn, Alyssa and the Keohane Family and to Elizabeth White for making our goodbye a little easier. God bless all of you.

Visiting hours are 4 to 7 p.m. Thursday in the funeral home.

Interment at Massachusetts National Cemetery, Bourne.

In Loving Memory of

Glen "Andy" Hollatz

First Anniversary

2/25/2016 - 2/25/2017

A heart of gold stopped beating
Two willing hands at rest
God broke our hearts to prove to us
He only takes the best

Forever in our hearts,
Christine, Alexander
& Matthew
Family & Friends